

Sedation and/or strong painkilling drugs in Accident and Emergency

Discharge advice

Information for patients

This leaflet can be made available in other formats including large print, CD and Braille and in languages other than English, upon request.

You have been given a sedative (a drug to make you feel comfortable and relaxed) and/or a strong painkiller. These can make you feel tired and sleepy and will affect your judgement for the next 24 hours.

A responsible adult **must** take you home and should stay with you for at least 24 hours.

This leaflet tells you what to expect and who to contact if you have any questions or worries when you go home.

How will I feel when I get home?

You may feel tired and sleepy for up to 24 hours. Do not worry; relax quietly at home for the rest of the day.

Even if you do not feel tired the drugs you have been given will affect your judgement.

For the first 24 hours after having sedation and/or strong painkillers you:

- **must not** go back to work
- **must not** drive a car, ride a bicycle or motorcycle. It is an offence to drive while unfit to do so because of drugs and it will probably invalidate your insurance policy.
- **must not** supervise children
- **must not** make important decisions or sign any legal documents
- **must not** operate machinery or electrical appliances
- **must not** go near open flames or sources of high heat
- **must not** drink alcohol
- **must not** take sleeping tablets, tranquillisers or any drugs, other than those prescribed for you by your GP
- **must not** lock the toilet or bathroom door in case you need any help.
- **should not** smoke.

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Contact numbers

If you need further advice, or have any problems, please telephone:

University Hospital of North Tees

Accident and Emergency Department

telephone: 01642 382799

24 hours a day, 7 days a week

Further information is available from:

NHS Choices

telephone: 111 (when it is less urgent than 999)

Calls to this number are free from landlines and mobile phones

or via the website at www.nhs.uk

Information used in the development of this leaflet:

Nicol MF, A risk management audit: are we complying with the national guidelines for sedation by non-anaesthetists. *J acid emerg med* 1999;16:120-122

Report of the working party on Guidelines for Sedation by Non-anaesthetists. The Royal College of Surgeons, June 1993.

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This leaflet has been produced in partnership with patients and carers. All patient leaflets are regularly reviewed, and any suggestions you have as to how it may be improved are extremely valuable. Please write to the Quality Assurance Team, University Hospital of North Tees or email: patientinformation@nth.nhs.uk.

Comments, Concerns, Compliments or Complaints

We are continually trying to improve the services we provide.

We want to know what we're doing well or if there's anything which we can improve, that's why the Patient Experience Team is here to help.

Our Patient Experience Team is here to try to resolve your concerns as quickly as possible. If you would like to contact or request a copy of our PET leaflet, please contact:

telephone: 01642 624719

Monday – Friday, 9.00 am – 4.00 pm

Messages can be left on the answering machine and will be picked up throughout the day.

freephone: 0800 092 0084

Mobile: (can use text): 0779 561 883

Email: patientexperience@nth.nhs.uk

Out of hours if you wish to speak to a senior member of Trust staff, please contact the hospital switchboard who will bleep the appropriate person.

telephone: 01642 617617

24 hours a day, 7 days a week

The Patient Experience Team is available to discuss your concerns in person Monday – Friday, 1.30 pm – 4.30 pm.

North East NHS Independent Complaints Advocacy (ICA) is an independent organisation able to provide support and advice to anyone who wishes to make a complaint about their NHS treatment.

ICA can be contacted by telephoning: 0808 802 3000 or visit the website at: www.nenhscomplaintsadvocacy.co.uk

Data Protection and use of patient information

The Trust has developed a Data Protection Policy in accordance with the Data Protection Act 1988 and the Freedom of Information Act 2000. All of our staff respect this policy and confidentiality is adhered to at all times. If you require further information please contact the Head of Communications.

telephone: 01642 624339 or www.dataprotection.gov.uk

University Hospital of North Tees, Hardwick, Stockton-on-Tees. TS19 8PE
University Hospital of Hartlepool, Holdforth Road, Hartlepool. TS24 9AH

Telephone: 01642 617617

Fax: 01642 624089