

Supplemental Figure 2: Procedural Sedation Discharge Instructions

Post-Procedural Sedation Patient Discharge Instructions

What to expect:

1. You may feel sick to your stomach after sedation or after you take your pain medication.
2. The area around the intravenous site on your arm will be sore. The soreness will go away in a few days.
3. A slight fever after sedation is normal. If your temperature is higher than 101 degrees F, call your doctor.
4. You can take pain medications as ordered by your doctor.
5. You can take other medications that you usually take, unless your doctor tells you otherwise.

Driving:

1. A responsible individual must drive you home when you are discharged from the hospital. A bus driver or cabdriver is not a responsible caregiver.
2. Do not drive immediately after the procedure. You may drive the day after your procedure.

Activities:

1. You may feel dizzy and sleepy after your surgery. When you get home, you should rest and only move as much as you can without getting tired.
2. We suggest that a responsible individual stay with you after your procedure and overnight.
3. You may not return to work or operate machinery or power tools for the rest of the day that you get home.
4. Do not make any important decisions or sign important papers for the rest of the day.
5. Children should not ride bikes or skateboards, play on gym sets, etc., for the rest of the day.

Diet:

1. You can return to your regular diet after your surgery.
2. Do not drink alcoholic beverages, including beer and wine, for the rest of the day.
3. Do not take sleeping pills or any other psychotropic (nerve) medications for the rest of the day. The combination of alcohol / sleeping pills and anesthesia / sedation that will still be present in your body can have harmful side effects.