

Instructions for undergoing sedation for eye procedures

WHAT IS SEDATION?

Sedation is not a general anaesthetic and will not relieve pain. The sedation will make you feel relaxed.

IS THERE ANY PREPARATION NEEDED BEFORE MY SEDATION

Do not eat for 6 hours before your appointment time but you may have water up until 2 hours before your appointment time. Please take your normal medications unless advised not to do so.

WHAT HAPPENS DURING THE SEDATION

You will go into an anaesthetic room where you will lie down on a trolley. A plastic tube called a cannula will be inserted into a vein in the back of your hand.

The sedation will be administered through the cannula by the anaesthetist.

WHAT HAPPENS AFTER THE PROCEDURE

You will be transferred by wheel chair back to our day case waiting room. We will offer you a drink and biscuits. You will need to stay here approximately for 1 hour before being discharged home.

A responsible adult must accompany you home and stay with you overnight.

You should make arrangements to travel home accompanied by a responsible adult in either a car or taxi. Public transport is not appropriate.

For 24 hours after procedure:

- Do not drive a car or any other vehicle including bicycles as your judgement may be impaired. Please note your insurance is invalid if you do so.
- Do not operate machinery or cooking appliances, including kettles
- Do not drink alcohol
- Do not lock the bathroom or toilet door
- Drink plenty of fluids and eat a light diet.

CANCELLING YOUR APPOINTMENT

If you are unable to attend please telephone the West of England Unit 01392 406013.

Please note if you have diarrhoea and vomiting within the 48 hours prior to your appointment you will need to contact us to rebook your appointment.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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