



## INFORMATION FOR CARERS FOLLOWING INTRAVENOUS SEDATION

Please affix to refrigerator

Thank you for taking the time to read this document as you prepare to care for our patient following the administration of intravenous sedation. This document complements any other carer information following the surgical procedure. As a responsible carer you will be over the age of 18 years, and you are expected to remain with the patient for at least the first 24 hours of recovery post their intravenous sedation. In accepting your responsibility to care for our patient, you will have agreed to follow the directions contained herein.

### INTRODUCTION

Following sedation, most people, and for a period of at least 24 hours will be:

**Less aware**  
**Less alert**  
**Less co-ordinated, and**  
**Slower in their reflex actions**

### INSTRUCTIONS

The sleepy state following sedation will remain for the next 24 hours. Therefore it is important that the following instructions are adhered to over the next 24 hours.

1. Ensure the patient is not left alone and is always under the supervision and care of a capable adult.
2. The patient must not drive a motor vehicle, ride a bicycle or otherwise operate any moving carriage.
3. The patient should not make any important decisions, for instance in changing their will, selling their property, or involving themselves in complex reasoning that requires considered thought and information processing.
4. The patient should not operate machinery and cooking appliances, or climb ladders or otherwise endanger themselves or others through the operation of dangerous appliances.
5. The patient should not be the carer of children or legal wards, or the primary sole support for individuals under 16 years of age without the assistance of their own carer.
6. The patient must not cross any roads without the aid of a carer.
7. While travelling, angle the car seat back slightly to prevent the patient's head from slumping forward and obstructing their airway. Assist the patient when walking to and from the car or if they need to use stairs
8. If the patient needs to use the bathroom, do not allow them to lock the door. Check on them routinely to ensure that they have not had a fall or drifted off to sleep.
9. Bathing and showering is permitted only under the direct supervision of the carer.
10. No smoking or alcohol ingestion is allowed for in the first 24 hours following their sedation procedure,
11. The patient must not do anything which ordinarily requires complete alertness, coordination or which may compromise themselves or anyone else.

### UNDERSTANDING

I .....have read and understood the above post sedation information which,

has also been explained to me by Dr .....

I will be responsible for ..... once leaving the surgery.

Signed ..... Witness ..... Date ...../...../.....

Call 4927 5177 or 0439 496 575 for enquires  
Call 000 in the event of an emergency, or you local hospital emergency department