

Emergency department

# Sedation advice

## Information for patients, relatives and carers

### Introduction

We have given you a sedative drug to help with your procedure. Sedative drugs are intended to relax you and make the procedure more comfortable.

You may experience a short period of memory loss during the time the sedation is working. This is normal.

Some medication may interact with the sedative that you are given, which will cause you to be drowsy (sleepy) for longer than usual, especially if you are taking drugs for epilepsy.

As the drug may also impair (affect) your judgement for up to 24 hours, the doctor has advised you to take the following precautions:

### Do not:

- drive any type of vehicle. There is a freephone taxi service on the ground floor of St Mary's Hospital
- drink alcohol
- sign any important documents
- operate any machinery or appliances like kettles or cookers
- care for any dependent adults or children without help

### Do:

- rest
- drink plenty of fluids and eat a light diet if possible
- have a responsible adult to care for you at home for the first 12 hours after your procedure

### After resting at home for 24 hours

If you experience any chest pain or shortness of breath after going home, please contact your nearest A&E department.

---

## Useful emergency contacts

### **St Mary's Hospital's emergency department**

South Wharf Road  
London W2 1NY  
Telephone 020 3312 6330

### **Charing Cross Hospital's emergency department**

Fulham Palace Road  
London W6 8RF  
Telephone 020 3311 1005

### **Hammersmith Hospital's emergency department**

Du Cane Road  
London W12 0HS  
Telephone 020 3313 4691

### **Eye emergencies (24-hour)**

Western Eye Hospital  
171 Marylebone Road  
London NW1 5YE  
Telephone 020 3312 3241

### **NHS 111**

If you have an urgent medical problem and are not sure what to do, call 111 and speak to a fully trained adviser. Available 24 hours a day, seven days a week.

### **Alcohol liaison nurses**

Charing Cross and Hammersmith hospitals: 020 3313 0244  
St Mary's Hospital: 020 3312 7663

### **Drinkline**

Free helpline: 0300 123 1110 (weekdays 09.00–20.00, weekends 11.00–16.00)

### **Sexual health clinic**

Jefferiss wing  
St Mary's Hospital  
Praed Street  
London W2 1NY  
Telephone: 020 3312 1697 (general enquiries)  
020 3312 7583 (sexual health and HIV advice)

---

## How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any suggestions or comments about your visit, please either speak to a member of staff or contact the patient advice and liaison service (PALS) on 020 3313 0088 (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or 020 3312 7777 (St Mary's and Western Eye hospitals). You can also email PALS at **imperial.pals@nhs.net** The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department  
Fourth floor  
Salton House  
St Mary's Hospital  
Praed Street  
London W2 1NY

**Email: [ICHC-tr.Complaints@nhs.net](mailto:ICHC-tr.Complaints@nhs.net)**

**Telephone: 020 3312 1337 / 1349**

## Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: **imperial.communications@nhs.net**

## Wi-fi

We have a free wi-fi service for basic filtered browsing and a premium wi-fi service (requiring payment) at each of our five hospitals. Look for WiFiSPARK\_FREE or WiFiSPARK\_PREMIUM