



**EMERGENCY DEPARTMENT - DISCHARGE INSTRUCTIONS
AFTER PROCEDURAL SEDATION - CHILDREN**

Your child has been given a medicine that causes drowsiness. The medicine may also cause temporary clumsiness or poor balance, and can cause poor judgement, leading children to do things they wouldn't normally do. In particular, we recommend:

1. No food or drink for the next two hours. If your child is under a year of age, they may be fed half of a normal feeding one hour after you go home from the hospital.
2. No play that requires normal balance, strength, balance and coordination. Avoid swimming, biking, skating, climbing, being at heights, swing sets, monkey bars, or stairs for the next 12 hours. Children who are allowed to play in these situations while there is still medicine in their systems may hurt themselves.
3. You must watch your child closely for the next 12 hours. They should be supervised at all times. This is especially important for children who normally play outside alone. They should not bathe, cook, or use electrical appliances unless you are watching them closely.

If you notice anything unusual about your child or have any questions, please contact the Emergency Department: Chatham Public General Campus at 352-8869
Wallaceburg Sydenham Campus at 627-1467

**EMERGENCY DEPARTMENT - DISCHARGE INSTRUCTIONS
AFTER PROCEDURAL SEDATION - ADULTS**

1. You have been given a medicine that causes drowsiness. The medicine may also cause temporary clumsiness or poor balance, and can cause poor judgement. You should not drive after receiving this medication, thus have someone meet you and drive you home. Do not drive, operate machinery or make important decisions for the remainder of the day. You should avoid dangerous activities, including bicycling, swimming, or working at heights for the remainder of the day.
2. You may temporarily feel sick, weak, or dizzy. This is normal. Some people will vomit if they eat too soon. As soon as you feel like you can drink without vomiting, you should try water, juice, or soup. You can progress to solid foods if the fluids do not cause nausea and you are feeling well.
3. If pain killers have been prescribed for you, ask the doctor how soon it is safe to take them.
4. You should not take any alcohol, sleeping pills, or medicines that cause drowsiness for at least 24 hours.

If you have any other questions or concerns, please contact the Emergency Department:
Chatham Public General Campus at 352-8869
Wallaceburg Sydenham Campus at 627-1467