

## Emergency Department Procedural Sedation and Analgesia (PSA)

### General Information

PSA medications make you feel relaxed and sleepy, give you pain relief and sometimes even make you forget the surgery/procedure. You may be able to follow instructions during your procedure but may not remember what happened afterwards.

The emergency physician, nurse and respiratory technician will be monitoring you while you are receiving these medications and undergoing the procedure.

The medication(s) you received may affect you for up to 24 hours. You may feel tired, drowsy, have trouble concentrating and may have poor balance and coordination.

### Instructions

1. It would be best, if a responsible adult accompanies you home (even if travelling by taxi) and stays with you for the first 24 hours.
2. Do not smoke without supervision, as you may be drowsy and fall asleep.
3. For 24 hours after the procedure, DO NOT:
  - drive a car
  - operate machines
  - travel alone
  - take any sleeping pills or medication causing sleepiness
  - take recreational drugs
  - make important decisions
  - sign important papers
  - drink alcohol
4. Once you can swallow easily, you may drink and start eating. If you feel sick to your stomach start taking sips of clear fluids like water or apple juice, then increase your food intake as you can tolerate.
5. Unless you are given different instructions, restart your usual medications as prescribed.
6. If you have been given a prescription for antibiotics and/or painkillers, take them as directed.

*continued...*

## **Return to the Emergency if any of the Following Develop:**

- You have breathing difficulties.
- Excessive sleepiness develops (or if someone is not able to wake you).

## **See your Family Doctor if any of the Following Develop:**

- You have chills or a fever over 38.5°C, unreleased by Tylenol or Advil.
- The bleeding or swelling is getting worse in the area where the procedure was done.
- The pain is getting worse and not helped by medication.
- You have nausea and/or vomiting that prevents you from eating or drinking for 24 hours.

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