



Procedural Sedation and Analgesia (PSA)

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 PSA medication 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

- + It is required that a responsible adult accompanies you home (even if travelling by taxi) **and** stays with you for the first 24 hours.
- + DO NOT smoke without supervision, as you may be drowsy and fall asleep.
- + For 24 hours after the procedure, DO NOT:
 - Drive a car.
 - Make important decisions.
 - Operate machines.
 - Sign important papers.
 - Travel alone.
 - Drink alcohol.
 - Take any sleeping pills or medication causing sleepiness.
 - Take recreational drugs.

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.

Unless you are given different instructions, restart your usual medications as prescribed.

If you have been given a prescription for antibiotics and/or painkillers, take them as directed.

WHEN TO GET HELP

Go to the nearest Emergency Department or Urgent Care if you are experiencing any of the following:

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

See your health care provider if you are experiencing any of the following:

- + You have chills or a fever over 38.5°C\101.3°F, unrelieved by acetaminophen (Tylenol) or ibuprofen (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.

TO LEARN MORE ASK

- + Your health care provider.
- + HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or go online to www.HealthLinkBC.ca

RECOMMENDED FOLLOW UP

- ☐ Follow up with your primary care provider in ____ days.

Reproduced with permission from Vancouver Coastal Health.

Find this information sheet on the BC Emergency Medicine Network website:

www.bcemn.ca/clinical_resource/procedural-sedation-in-ed/