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## INSTRUCTIONS FOLLOWING SEDATIVE DRUG USAGE

**Sedative drugs are the drug that calms a patient down, easing agitation and permitting sleep. Sedatives generally work by altering signals within the central nervous system. These can slowdown the reflex response to an event. These sedatives may depress important heart and lung function if they are misused or combined with alcohol. For these reasons, sedatives should always be used under medical advices, and only as needed. Common medications like medications used for cough, cold, treatment of epilepsy, muscle relaxants etc. Sedative effects like drowsiness can vary in duration, intensity from person to person. It is safe to observe the following activities while you are on these medications.**

### For Adults

- 1. Avoid potentially hazardous activities that require mental alertness like driving, operating heavy machinery, using power tools, cooking, climbing, riding cycle etc**
- 2. Avoid swimming, hot tubs for next 24 hours.**
- 3. Avoid intake of alcohol for next 24 hours.**
- 4. Do not eat or drink if you have any nausea.**
- 5. To note that sudden changes in position may cause dizziness and to dangle Legs for a few minutes before getting out of bed to prevent falls and injury.**
- 6. Instruct patient to take drug only prescribed**
- 7. Caution patient not to stop taking drug suddenly because this could cause a withdrawal reactions**
- 8. Caution patient not to make changes in drug regimen without specific instructions from doctor**
- 9. Keep out of reach of all medicines from children.**
- 10. Return immediately to the emergency dept for vomiting more than once, strange or unusual behavior or any other symptoms**

### For Children

- 1. Do not leave the child unattended at any time. If the child falls asleep in the car seat; watch the child continuously to make sure that he or she does not have any difficulty breathing.**

2. **No eating or drinking for at least the next 2 hours, and the child is completely awake and alert, and has no nausea. If the child is an infant, half a normal feeding may be given 1 hour after discharge.**
3. **If sleepy, the child should not be left alone, and should be awakened from sleep every hour for the next 4 hours. If the child's breathing does not appear normal to you or if you are unable to wake the child up, bring the child back to hospital.**
4. **No playing that requires coordination [Bikes, skating, swing sets, climbing, monkey bars, etc] for the next 24 hours since these activities might result in the child injuring him/her.**
5. **No swimming or using machines that might result in injury for the next 24 hours without adult supervision.**
6. **Supervise all playing or bathing for the next 8 hours.**
7. **Return immediately to the emergency dept for vomiting more than once, strange or unusual behavior or any other symptom that does not seem normal for the child**

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