

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 heart and lung function if they are misused or combined with alcohol. Sedatives should always be used under medical advices, and only as needed. Commonly used medications like medications used for cough, cold, treatment of epilepsy, muscle relaxants etc. have Sedative effects. 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.

1. Avoid driving while on sedative drugs.
2. Avoid potentially hazardous activities that require mental alertness.
3. Avoid swimming.
4. Avoid intake of alcohol.
5. 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. Take drugs only as 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 all medicines out of reach from children.

