

Sedation for Adults

altru.org



P.O. Box 6002
Grand Forks, ND
58206-6002



What is moderate sedation?

This type of sedation induces an altered state of consciousness that minimizes pain and discomfort through the use of pain relievers and sedatives. When receiving moderate sedation, you should be able to speak and respond to verbal cues throughout the procedure/test and are able to communicate any discomfort to the healthcare provider. A brief period of amnesia may erase any memory of this procedure/test.

When is moderate sedation administered?

Moderate sedation is administered in various hospital/clinic departments such as in Emergency Departments, Radiology, Ambulatory Procedure Center, Cardiology etc. Moderate sedation may be administered for some of the following procedures/tests:

- Breast biopsy
- Vasectomy
- Minor bone fracture repair
- Plastic/reconstructive surgery
- Endoscopy (diagnostic studies and treatment of stomach, colon and bladder)
- MRI (Magnetic Resonance Imaging)
- CT (Cat Scan)
- Bronchoscopy
- Interventional pain management procedure

Risks of procedural sedation:

As with any procedure there are some

risks, however these occur rarely.

Potential risks are:

- Respiratory depression
- Respiratory arrest
- Low blood pressure
- Agitation
- Inability to arouse

Benefits of moderate sedation:

- Decrease anxiety related to procedure/test
- Make procedure/test more comfortable with less pain
- Shortened recovery room stay
- You will be aware of surroundings
- You will be sleepy, but can be easily awakened with touch or talking

Who benefits from moderate sedation?

Anyone, but especially:

- Very young children
- Very anxious patients
- Patients who are claustrophobic
- Physically handicapped patients
- Mentally handicapped patients
- Procedural events that cause discomfort

Monitoring during moderate sedation:

You will be properly monitored by a trained healthcare provider. Your healthcare provider will monitor your vital signs such as heart rate, blood pressure, breathing, oxygen level and alertness during the procedure/test and after the procedure/test.

Administration of medication:

Moderate sedation medication is usually administered through an IV in the arm. Your healthcare provider will work with your physician to determine the amount of medication you will receive.

You may be given oxygen through a nasal cannula during the procedure/test.

Preadmission Instructions:

You must not eat any solid foods after 12 midnight. You may have up to 2 cups of clear liquid up to 6 hours prior to admission.

Discharge Instructions:

You will be discharged to go home with an adult driver when:

- Your vital signs return to normal.
- You can sit up/stand up without assistance.
- You can take fluids orally.
- You are not experiencing any nausea or vomiting.

If you are an in-patient, you will be brought back to your room where healthcare providers will carefully monitor your vital signs.

After moderate sedation, you should not drive yourself home or operate dangerous equipment or machinery for the remainder of the day. Judgement can be affected by medications and it is important not to sign any legal documents for 24 hours after receiving any medication for sedation. We recommend that someone be with you for 24 hours after sedation.