

Procedures with Sedation

What is sedation?

Sedation is when you are given medicine to feel relaxed and comfortable during your procedure.

Before the procedure:

- You should not eat or drink for at least 6 hours before your procedure.
- You should take your normal medicine with small sips of water unless you have been told not to take your medicine by your doctor. Ask your doctor for instructions if you take medicine to thin your blood or for diabetes.
- You will not be able to drive after your procedure. Please have a responsible adult come along with you who will be able to drive you home.
- If you use a CPAP or BIPAP at night when you sleep, please bring your machine with you when you come for your procedure. Please bring your settings with you.
- Please bring a list of the medicines you take.

Possible side effects of sedation:

Sedation medicine can stay in your body for up to 24 hours. Common side effects are:

- Short-term memory loss
- Feeling drowsy or sleepy
- Feeling dizzy or lightheaded
- Nausea
- Headache

After your procedure:

For 24 hours after your procedure:

- Do not drive a car or operate heavy machines
- Do not drink alcohol
- Do not smoke
- Do not make important decisions or sign any legal paper

Activity Restrictions:

- Slowly start regular activities
- Be careful when standing, walking, moving or using steps
- Return to work or exercise when your doctor tells you

Dietary Restrictions:

- Try liquids first and then slowly try a light meal

Medications:

- Take all of your home medicines unless your doctor tells you not to.
This includes over-the-counter medicines like vitamins and herbal supplements.

Disclaimer: This material provides general information only. It should not be used in place of the advice, instructions, or treatment given by your doctor or other health care professional.
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