

## Community Endoscopy Service

### Procedural Risks

#### What is Sedation ?

Sedation is a combination of medicines to help you relax and assist with pain relief during a medical procedure.

Please note the sedation we offer is not a general anaesthetic but a '**conscious sedation**'

#### Preparing for sedation:

- you will need to have a cannula, (a thin tube in your vein through which we give medication), inserted into your arm or hand prior to the procedure. We advise that you wear something with short sleeves such as a T-shirt, so that we have access to your arms.
- during the procedure, we will monitor your blood pressure, heart rate and oxygen levels. We will also need to administer a small amount of oxygen via your nostrils.
- you will be taken into recovery on the trolley and you will be given some time to recover from the sedation whilst we monitor your blood pressure and heart rate. This means you will be on the unit a little longer than if you were not having sedation, recovery normally takes about 30 minutes.
- you **must** arrange for somebody to collect you from your procedure (they will need to come into the building) and you must have a responsible adult that can stay with you for the remainder of the day and overnight.
- you will not be able to drive or operate machinery for 24 hours.
- you are advised not to drink alcohol for 24 hours.

#### Possible complications with sedation:

Sedation can occasionally cause problems with breathing, heart rate and blood pressure, although this is extremely rare. If any of these problems occur, they are usually short lived and easily managed by the endoscopy unit staff. Careful monitoring by the endoscopy nurses ensures that such problems are identified rapidly.

#### Alternatives:

Entonox.