

## Moderate Sedation for Gynecologic Procedures

*If you have any questions, please ask your physician or nurse.*

Moderate sedation is a safe and effective option for people having minor surgery or medical tests. During a procedure, the care team will give you medications to ease pain, fear and anxiety. The goal is to give you comfort and a faster, safer recovery.

### Before your procedure

In the preparation area, the care team will put an IV (into the vein) line in your arm or hand. They will take you to the procedure room and position you safely on the procedure table. The nurse will connect you to a heart monitor, blood pressure cuff and finger probe, which will monitor your oxygen level. They may put an oxygen tube under your nose. The care team will inject medication to make you relax through your IV line.

### During the procedure

You may feel drowsy during the procedure, but you will be awake and able to talk. The care team will inject a numbing medication at the procedure site. You will feel a burning or pinching sensation, like a bee sting. After you get the numbing medication, you will be able to feel heat, cold and pressure, but you will not feel sharp sensations. The care team will watch your vital signs and alertness. They will talk with you about how you are feeling. They will keep you comfortable throughout the procedure.

### After the procedure

Most people recover for about 1 hour after moderate sedation. In some cases, the recovery time may be up to 6 hours. During this time, a nurse will check on you often. A family member or friend at least 18 years of age must accompany you home. You cannot drive for 24 hours after you get sedation. We suggest that this person should stay with you for 6 hours after arriving home.

The nurse will talk with you and your companion about home care. Follow these guidelines after the procedure:

- Rest the day of the procedure.
- Do not drive or operate machinery for 24 hours.
- Do not make any important decisions for 24 hours.

- Do not have any alcoholic drinks or use marijuana for at least 24 hours.
- Do not take other muscle relaxants or sedative, hypnotic or mood-altering medications for at least 24 hours unless directed by your physician.

For up to 24 hours after the procedure, you may have these side effects:

- Some or no memory of what happened during the procedure
- Headache
- Nausea, vomiting or dry mouth
- Sleepiness
- Lightheadedness or dizziness

If you have side effects that do not improve or become worse, contact your physician or go to your nearest emergency department. If you have any questions about moderate sedation or your procedure, please ask your physician or nurse.

### Contact information

If you have any of the above symptoms, please call our office at 312.695.7382. You will speak with the answering service who will connect you with a triage nurse or page the on-call physician.

They will have you come to the Obstetrical Triage Unit in Northwestern Medicine Prentice Women's Hospital (on the 1st floor of the hospital), if necessary.

- For all other questions, call our office at 312.695.7382.
- Send messages that are not urgent, such as paperwork requests, through the MyNM patient portal. We may take 2 business days to respond to MyNM messages. Only use MyNM for non-urgent messages.
- **For all emergencies, call 911.**