

Moderate Sedation for Endoscopy

Moderate sedation (also called conscious sedation) is a safe and effective option for patients having minor surgery, procedures or medical tests that do not require general anesthesia. During a procedure, medications are given to ease pain, fear and anxiety. You will be drowsy, but awake and able to respond. The goal is to provide comfort and a prompt, safe recovery.

Before the procedure

It is important to let your physician know if you have any of the following:

- Allergies, including medication allergies to Fentanyl®, Versed® or Ativan®
- Problems in the past with sedation or anesthesia
- Problems in the past with difficult IV insertions
- Recent changes in your health (infection or fever)
- For women, possibility of being pregnant

Your physician will discuss the risks of sedation with you. Some patients prefer to have their endoscopy without sedation. Please discuss this option with your physician if you do not want sedation.

1 to 2 days before your procedure

- Refer to your procedure and prep instructions.
- Follow your physician's instructions for eating before the procedure.
- Stop smoking.
- Do not drink alcohol the night before and the day of the procedure.
- Arrange for a responsible adult to take you home from the hospital after your procedure. If you do not have a responsible adult to take you home on the day of your procedure, you will need to re-schedule your procedure for a day that someone will be available to take you home.

Day of the procedure

In the preparation area, an IV line will be placed into your arm or hand. You may be asked to provide a blood or urine sample before your procedure. You will then be taken to the procedure room where your nurse or tech will connect you to a heart monitor, a blood pressure cuff and a finger probe that monitors oxygen levels. An oxygen tube may be placed under your nose. Your physician will explain the risk and benefits of your procedure, answer any questions you may have, and have you sign a procedure consent form before beginning your procedure. Medicine to relax you will be injected into the IV, and you may feel the effects of the medicine right away. Your healthcare team will care for you and monitor your vital signs and alertness during and after the procedure.

During the procedure

During the procedure, you may feel drowsy, but you will be awake and able to talk. The healthcare team will talk with you about how you are feeling and keep you comfortable throughout your procedure. You should feel little or no pain.

After the procedure

You will recover with us for at least 1 hour following your procedure. In some cases, the recovery time may need to be longer. During this time, a nurse will check on you often and monitor your vital signs.

A friend or family member at least 18 years of age must accompany you home. We suggest that this person remain with you for the next 6 hours. For safety, do not drive for 24 hours after you received sedation.

After the procedure, you may have the following side effects for up to 24 hours.

- Some or no memory of what happened during or after your procedure
- Headache
- Nausea, vomiting or dry mouth
- Sleepiness
- Feeling lightheaded or dizzy

If the above side effects do not improve after 24 hours or become worse, contact your physician or go to your nearest immediate care/emergency room. If you have any questions about moderate sedation or your procedure, please ask your physician or nurse.

Your recovery nurse will discuss your needed care at home with you and your family member or friend. This includes the following:

- Rest for the remaining part of your day.
- Do not drive or operate machinery for 24 hours.
- Do not take a bus, taxi, train or rideshare without a responsible adult to ride with you today.
- Do not make any important decisions for 24 hours.
- Do not drink alcoholic beverages for at least 24 hours.
- Do not take other muscle relaxants or sedative, hypnotic or mood-altering medicines for at least 24 hours, unless directed by your physician.

We look forward to seeing and caring for you in the Digestive Health Center at Northwestern Memorial Hospital in the future. For additional information, please visit us at nm.org/conditions-and-care-areas/digestive-health.

Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312.926.3112.

The entities that come together as Northwestern Medicine are committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care, providing access to treatment and programs in a nondiscriminatory manner and eliminating healthcare disparities. For questions, please call either Northwestern Memorial Hospital's Patient Representatives Department at 312.926.3112, TDD/TTY 312.926.6363 or the Northwestern Medical Group Patient Representatives Department at 312.695.1100, TDD/TTY 312.926.6363.

Developed by: NMH Digestive Health Clinic