

## 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 patients having minor surgery or medical tests. During a procedure, medications are given to ease pain, fear and anxiety. The goal is to provide comfort and a faster, safer recovery.

### Before your procedure

In the preparation area, you will receive an IV line in your arm or hand. You will be taken to the procedure room and positioned 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. An oxygen tube may be placed under your nose. Medicine to relax you will be injected into your IV line.

### During the procedure

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

### After the procedure

Most patients 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 receive 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:

- Rest today.
- Do not drive or operate machinery for 24 hours.
- Do not make any important decisions for 24 hours.
- Do not drink alcoholic beverages or use marijuana 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.

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 room. 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 Prentice Women's Hospital Obstetrical Triage Unit (located on the 1st floor of the hospital), if necessary.

- For all other questions, call our office at 312.695.7382.
- Submit messages that are not urgent, such as paperwork requests, through NM MyChart. We may take 2 business days to respond to NM MyChart messages. NM MyChart should be used for non-urgent messages only.
- **For all emergencies, call 911.**