

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 need general anesthesia. During a procedure, the care team will give you medications to help with pain, fear and anxiety. You will be drowsy, but awake and able to respond. The goal is to keep you comfortable and help you have a fast and 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
- Issues in the past with having an IV (into the vein) line put in
- Recent changes in your health (infection or fever)
- For women, possibility of being pregnant

Your physician will talk about 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

- Check 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.
- Find a responsible adult to take you home from the hospital after your procedure. If you cannot find someone, you will need to re-schedule your procedure for a day that someone can take you home.

Day of the procedure

In the preparation area, the care team will put an IV in your arm or hand. They may get a blood or urine sample before your procedure. Then they will take you 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 checks oxygen levels. They may put an oxygen tube under your nose.

Before your procedure your physician will explain:

- The risks and benefits of your procedure
- Answer any questions you may have
- Have you sign a procedure consent form

The care team will then give you medication through the IV to relax you. You may feel the effects of the medication right away. Your care 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 care 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 after your procedure. In some cases, the recovery time might be longer. During this time, a nurse will check on you often and monitor your vital signs.

A friend or family member who is at least 18 years of age must take you home. We suggest that this person stay 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 these 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 talk about your home care with you and your family member or friend. This includes:

- 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 more information, go to [nm.org/conditions-and-care-areas/digestive-health](https://www.nm.org/conditions-and-care-areas/digestive-health).