

# Adult Procedural Sedation

## Pre-Procedure Patient Education



### What is Procedural Sedation?

- Procedural sedation uses medication to help you relax or fall asleep during a procedure that can be painful or unpleasant. Your doctor has recommended this to help keep you comfortable.
- Procedural sedation is used for minor surgeries, tests, and other treatments.

### How is Procedural Sedation Given?

- You will receive medicine through an intravenous line (IV), a small soft tube that is inserted into your vein.
- There are different types of medications that can be used for procedural sedation. Your doctor will choose the medication based on the procedure, your health history and how you respond to medications.

If you have any concerns about this, please talk to anyone on your healthcare team.

### What are the Benefits of Procedural Sedation?

- We are here to make your procedure as comfortable and safe as possible. Sedation helps you feel calm and reduces pain or discomfort.
- The amount of sedation you receive depends on the type of procedure and ongoing check-ins from your healthcare team. This allows for a balance between your comfort, the risks, and the necessary awareness needed.
- Depending on the type and amount of medicine you receive, you might be awake and able to talk with your healthcare team, or you might be more sleepy and less aware of your surroundings. You might remember the procedure.

Please speak with your healthcare team about what level of sedation you can expect during your procedure, or if you have any concerns.

### What Are the Risks of Procedural Sedation?

The risks of procedural sedation are usually low. Your healthcare team will discuss the risks and benefits with you before proceeding with the sedation, so you are well informed. Risks involved with procedural sedation include reactions to the medicine such as feeling sick to your stomach, throwing up, headache, low blood pressure, trouble breathing and allergic reactions.

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Your healthcare team will closely watch your heart rate, breathing, blood pressure, and how alert you are during the procedure to make sure you are safe and doing well.

Patients with certain health conditions may be at higher risk and will be carefully checked by the healthcare team before they decide if procedural sedation is okay for you.

### What Do I Need to Do?

As the person having the procedure, please:

1. Follow instructions that are given to you to prepare for your procedure.
2. Tell the healthcare team about your medical history, allergies, and all medications, vitamins, holistic medications, traditional medications and supplements you are taking – including recreational drugs.
3. Ask questions and raise all concerns with your healthcare team.

If you do *not* do these things, your health could be at risk and your procedure might be postponed (scheduled for a later date) until it is safe to proceed.

Your healthcare team is here to help you have a safe procedure, so please know that we will not be judgemental about anything you tell us.

### What Can I Expect After Procedural Sedation?

For 24 hours after procedural sedation, rest and relax quietly.

For the first night after your procedure, you should have a competent adult stay with you.

A competent adult is someone over 18 years of age who has the ability to make sound decisions should you have any problems after procedural sedation.

If you do not have someone to stay with you, please let your medical team know as early as possible.

The effects of procedural sedation can last for up to 24 hours. During this time, you might:

- Feel weak, tired and sleepy
- Feel sick to your stomach or throw up
- Feel sore and have body aches
- Have impaired judgement (difficulty making decisions)

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- Have pain and discomfort where the IV was placed
- Have difficulty with balance (feel dizzy)
- Have difficulty concentrating (confusion or “fuzzy” thinking)

During this time, you should have the care and support of a competent adult to help you:

- Get home from the hospital (do not go home alone).
- With your daily activities like cooking and doing laundry.
- With your post-procedure instructions and medications.
- Keep track of your progress after your procedure.

For **24 hours after** procedural sedation, you are considered **legally impaired**. Legally impaired means your ability to operate a vehicle or perform other tasks is reduced due to medications you received. You should not do anything that takes a large amount of concentration or attention to detail. **You cannot drive or operate a motor vehicle for 24 hours.**

## Contact your Healthcare Provider or Go to Emergency Department if You:

- Have severe pain that cannot be controlled by the medication ordered.
- Have chills or have a fever of 38.5°C (101.3°F).
- Have persistent vomiting (throwing up) for 12 hours or cannot eat or drink for more than 24 hours.
- Cannot urinate (pee) for 8 to 10 hours after you leave the hospital.

### For Questions or Concerns, Contact:

Your Healthcare Provider’s Name: \_\_\_\_\_

Your Healthcare Provider’s Phone: \_\_\_\_\_

## For Non-Emergency Health Information and Services:

- HealthLinkBC  
Tel: 8.1.1 from anywhere in BC.  
Tel: 7.1.1 for deaf and hearing-impaired assistance (TTY)  
Web: [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca)

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### Informed Consent for Procedure

Before agreeing to undergo a procedure, your healthcare provider will thoroughly explain the procedure to you and give you the opportunity to ask any questions you may have. This discussion includes the reason for the procedure, the benefits and risks involved, alternatives to the procedure and what you can expect following the procedure.

If, after this discussion, you would like to move forward with the procedure you will be asked to sign an informed consent form. The informed consent form includes the name of your healthcare provider, the procedure you are undergoing and the side the procedure is being done on, if applicable.

Depending on your procedure, you may be asked to sign a consent for blood products and/or a consent for implant tracking. Please read the consent form carefully before signing it and ask your healthcare provider or the nurses witnessing your signature if you have any further questions or need more information.

### Additional Questions About Procedural Sedation?

The information in this handout is current as of the date it was printed. If you have any questions that are not answered in this handout, please ask someone on your healthcare team.

**The information in this handout is intended only for the person it was given to by the healthcare team. It does not replace the advice or directions given to you by your doctor.**