

## What is Moderate Sedation?

Most patients are given moderate sedation for an upper endoscopy and/or colonoscopy procedure. The medications we use for moderate sedation relieve anxiety and discomfort during medical procedures. There is a difference between general anesthesia and moderate sedation. Patients under general anesthesia are completely unconscious, while patients receiving moderate sedation are semi-conscious and comfortable.



When you arrive in our endoscopy department, an intravenous line (IV) will be placed in your arm. The medications administered for moderate sedation will be given through your IV. They will make you feel drowsy and very comfortable. You may sleep through portions of the procedure, but at any time you will be easily awakened when spoken to or touched. You may or may not remember all or portions of the procedure.

The nurse administering moderate sedation will closely monitor your heart rate and rhythm, blood pressure, and oxygen level. While you are receiving moderate sedation, your breathing may become slower or shallow. For this reason we will administer a small amount of oxygen through your nose.

After the procedure you will be observed in recovery for a short time, usually about 45 minutes. You will be given a small snack, and a visitor may sit with you if you wish.

There are generally no significant after-effects of moderate sedation. However your judgment, short term memory and reaction time may be impaired for the next 24 hours. Consequently, you will not be permitted to drive yourself, and must have a responsible adult to accompany you home. We recommend for your safety that you don't drive, operate machinery or equipment, make any important decisions or sign any legal documents.

Staff should be made aware of the regular use of alcohol or the regular use of medications such as antidepressants, muscle relaxants, sleep medications or pain medications, for this may decrease the effectiveness of the medications used to provide moderate sedation.

