

## Conscious sedation

“You can choose to have your procedure with, or without, conscious sedation. This video explains what conscious sedation involves”.

“Hi, my name is Dr Roisin Stack and I am one of the consultant gastroenterologists here in St Vincent’s University Hospital. I work in the endoscopy unit. I am going to talk you through everything you need to know about conscious sedation before you come for your procedure”.

“Conscious sedation is when you are given medication that makes you feel sleepy and comfortable. It is not expected that you will be asleep for the procedure, but we hope that the medications will make you feel more relaxed and comfortable and help reduce any discomfort you may feel during the procedure”.

*In the procedure room actor in the bed, with cannula “in”, hooked up to BP cuff, nasal prongs:*

“Here in St Vincent’s, we typically use a combination of midazolam, which is a sedative medication and fentanyl, which is a strong painkiller. The nurses and doctors will ask if you have any allergies before giving you any medications, which is given through a drip in either the arm or the hand”.

“With conscious sedation, there are 2 main risks to be aware of:

1. That you may have an adverse reaction to the medication
2. The second is that with larger doses of sedation, sometimes this can affect your breathing, to either reduce the breathing rate or potentially even stop your breathing. During the procedure, you will be given oxygen through the nose and your vital signs will be monitored closely by the team to ensure you are breathing normally”.

Conscious sedation can temporarily affect your memory. You may not remember the procedure or you may remember all of the procedure”.

“After the test you will be brought to the recovery bay, where your vitals will be monitored until you are more alert & awake. After you have had something to eat, you will be allowed home, once you are accompanied by a family member or friend”.

“Remember, for 24 hours after the sedation it is important you do not:

1. Drive a vehicle
2. Operate heavy machinery
3. Sign legal documents
4. Drink alcohol

This is because the sedation can stay in your system for up to 24 hours and so you may be affected without realising it.”

“Thank you for listening to our explanation on conscious sedation today. If you have any further queries, you will be offered the opportunity to talk to your endoscopist and nurse at the time of your procedure”.