

Conscious Sedation

by the sedationist during treatment or examination

You will soon undergo treatment or an examination. In order to make this more comfortable for you, the treatment or examination can take place while you are under sedation. This means that you will receive medication so that you scarcely notice the treatment or examination taking place. We are happy to provide more information about the sedation.

What is Sedation?

Sedation entails a reduced level of consciousness. This is accomplished by administering medication through an IV line into a vein in your hand or arm. Sedation generally ensures that your experience of an unpleasant examination or treatment becomes tolerable. A sedationist carries out the sedation. This sedationist is a nurse anaesthetist who has been trained for this procedure and who works under the responsibility of an anaesthesiologist.

When is Sedation Used?

Sedation can be used to make an unpleasant (or painful) treatment as bearable as possible. This means less discomfort, such as stress, anxiety and pain during the treatment or examination.

Effects of Sedation

Administering sedation has the following effects:

- *Reducing your consciousness*

You become drowsy and groggy, so you do not have a fully conscious experience.

- *Suppressing the pain stimulus*

You feel less or no pain at all.

- *Your reflexes remain intact*

This is comparable to sleep; you retain important reflexes such as the ability to breathe and to swallow. You are not anaesthetised.

The information in this leaflet is of a general nature and is meant to give you an idea of the care and information that you can expect. Other advice or procedures may apply depending on your situation. This leaflet is only an addition to the specific information from your specialist or practitioner.

Preparing for Sedation

1. Questionnaire

We kindly ask that you complete a questionnaire. Answer the questions as completely as possible. You must also note past experiences with sedation and/or anaesthesia. Should additional information be required, we will contact you. If you are not eligible for sedation, we will discuss possible alternatives with you. If your health changes between completing the questionnaire and your treatment, please let us know.

2. Fasting

Instructions about food and drink prior to your operation

Food: You are allowed to eat **up until 6 hours before you are due at the hospital**. After this, **you may not eat anything else**.

Drinks: You may have clear drinks **up until 2 hours before you are due at the hospital**. After this, **you may not drink anything else**.

Examples of clear drinks include: water, squash (a drink from concentrated syrup) tea or coffee without milk, and clear apple juice. **Please note!** Dairy products are **not** allowed.

If, after consulting with Máxima Medical Center, you have specific dietary requirements, you should follow them

Exceptions to the Rules

The anaesthesiologist makes a risk assessment before the surgery or examination. With certain disorders or disabilities, and when pregnant, it may take longer for the stomach to empty. If this applies to you, it may be a reason for the anaesthesiologist to deviate from the general advice. You will then be given personal advice. For your own safety, you may have to fast for longer.

3. Makeup, nail polish, artificial nails, dentures, contact lenses and other items

You must take off your watch and jewellery during the surgery and remove contact lenses, if applicable. Makeup must be removed. Bring your glasses to the hospital. You may keep your hearing aid in during most procedures. In many cases, you may also take your glasses with you, and sometimes you may keep your dentures. This depends on the type of surgery. You do not have to remove nail polish or artificial nails.

During the Sedation

You will lie on a bed in the treatment room. This is where you will meet the sedationist.

- Electrodes will be placed to your chest to monitor your heart rate.
- A blood pressure monitor will be placed around your arm to measure your blood pressure.
- A small cap on your finger will check your blood oxygen level.
- A tube will be inserted into your nostrils to administer oxygen and measure your breathing.

- An IV line will be inserted into a blood vessel in your hand or arm for administering medication.

After the Sedation

After the treatment, you will soon be completely awake again. You will be taken to the recovery room. As soon as your physical condition permits, you may leave the ward.

Going Home

- You may not leave the hospital by yourself.
- You must arrange for someone to accompany you home.
- Depending on the type of treatment it may be necessary that someone stays with you at home for the first night
- It is advisable to have this person waiting at the hospital.
- After the treatment, you are not allowed to drive.
- You may not make any important and/or far-reaching decisions on the day the treatment is performed, such as a decision to enter into a financial obligation.

Side Effects and Complications

Complications arising from sedation are rare. Nausea may occur as a side effect of different medications. We can treat this effectively to make you as comfortable as possible.

Questions

- If you have any questions about sedation, please contact us by phone on:
+31 40 888 90 61
- For questions about the treatment or (the outcome of) the examination, call the outpatient clinic of the specialist who performed and/or requested the treatment or examination.