# Conscious Sedation for Endoscopy



Patient Information www.interiorhealth.ca

**Conscious Sedation** is the use of medication to help you relax and keep you comfortable during your procedure.

If you are pregnant, or suspect you may be, please inform your endoscopy team prior to the procedure.

#### What to Expect

- You will feel drowsy and relaxed (this is not a general anesthetic).
- You will be able to follow instructions during your procedure.
- You may or may not remember what happened during your procedure.
- You may feel bloating and cramping during and after the procedure. This can be relieved by releasing air from the bowel and/or stomach. Walking may help move the air along faster.

### **Going Home**

 You MUST arrange for a responsible adult to take you home after your procedure and stay with you for 24 hours.

Your procedure may be cancelled if you have not made arrangements for going home

#### **Activities**

You may feel tired, drowsy, and have trouble concentrating after your procedure. You are considered **legally impaired** for 24 hours; therefore:

- Important decisions should not be made.
- If you smoke, you should have a responsible person present. You may be drowsy and fall asleep.
- DO NOT operate a vehicle, machinery, or power tools.
- DO NOT sign legal documents.
- **DO NOT** give care to others.
- **DO NOT** engage in any activity that could cause harm to yourself or others.
- **DO NOT** ride as a passenger on a motorcycle or all-terrain vehicle.

#### **Medications**

- Take only medications prescribed by your doctor.
- Please notify your doctor if you are taking herbal medications or vitamins prior to the procedure.
- If you regularly smoke marijuana or use cannabis products, or other drugs, please let your endoscopy team know as these affect the sedation.
- Contact your doctor if you have any questions.

Healthlink BC	Nurse	24 hours a day	Daily
Call 8-1-1	Dietitian	9 am-5 pm	Mon-Fri
	Pharmacist	5 pm-9 am	Daily
www.healthlinkbc.ca	Hearing Impaired	Call 7-1-1	

Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.

## Conscious Sedation for Endoscopy (continued)

#### **Eating and Drinking**

- Once you can swallow easily, you may drink and start eating a normal diet or a diet ordered by your doctor.
- DO NOT drink alcohol or use recreational drugs for 24 hours before and after your procedure as they can change the effect of the medication you are given.
- You may want to prepare food or have someone else cook for you when you get after your procedure as it may not be safe to cook for yourself.

#### When to access help

If you experience any of the following symptoms, go to the nearest Emergency Department:

- Extreme sleepiness
- Breathing difficulties
- Skin is pale with bluish coloring to lips, fingers or toes
- Pain is getting worse and not relieved by medication
- Bleeding is getting worse in the area where the procedure was done
- Fever of 38.5°C/101.3°F or greater
- Ongoing nausea and vomiting (more than 16 hours after your procedure)

Specific Instructions/Additional Information							

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