

Conscious Sedation for Endoscopy



Interior Health
Every person matters

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 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.
Call 8-1-1	Dietitian	9 am–5 pm	Mon–Fri	
	Pharmacist	5 pm–9 am	Daily	
	Hearing Impaired	Call 7-1-1		
www.healthlinkbc.ca				

