

ABOUT YOUR SEDATION

What you need to know

Introduction

You will receive sedation medication before your procedure. This medication will put you in a relaxed state so as to help reduce your anxiety and discomfort during the procedure. This type of sedation allows you to remain aware of your surroundings. However, you may become so relaxed that you drift off to sleep during the procedure.

What You Need to Know Before Receiving Sedation

During your procedure, you will have intravenous (IV) sedation. For the first 24 hours after being sedated, it is common to have lapses of memory, slowed reaction time and impaired judgment. Therefore:

- Arrange for someone to accompany you to and from your appointment.
- Do not drive or operate motorized vehicles or equipment. Make arrangements for someone to drive you home.
- Rest for the remainder of the day.
- Do not return to work.
- You may wish to have a responsible adult stay with you for the remainder of the day.
- Avoid riding a bike, rough play and participation in sports.
- Do not drink alcoholic beverages.
- You may wish to avoid making important decisions or signing legal documents.

Before Your Procedure

Do not eat or drink for six hours before your procedure. Please do not chew gum or have hard candy. Tell your physician about any medications you take. Unless instructed otherwise by your physician, continue to take your regular medications with enough water to swallow them comfortably.

Diabetic Patients: If your surgery is in the morning **DO NOT TAKE** your insulin or oral glucose medications.

If your surgery is in the afternoon, you may take your oral glucose medications, or administer 1/2 of your insulin dose in the morning with a light breakfast (toast, coffee) but it must be at least 6 hours before your scheduled surgery time.

Sedation - What to Expect

Before your procedure you will receive sedation medication through a needle in a vein in your arm (intravenous or IV).

During your procedure, the healthcare team will monitor your oxygen level using continuous pulse oximetry that is placed on your finger. Your heart rate, respiratory rate, blood pressure and level of consciousness also will be monitored.

After Sedation

Possible Side Effects of Sedation Include:

- Drowsiness
- Fatigue
- Weakness
- Slower reaction times
- Nausea and vomiting

Medications

You may resume taking your regular medications unless instructed otherwise by your physician.

Activity

For the first 24 hours after receiving sedation, follow the instructions noted on page one.

Diet

Resume your regular diet when you feel able to do so.

Any additional questions may be directed to your physician by calling their office.

Thank You for Taking Time to Read This Information Before Your Surgery

The staff at St. John's Surgery Center will try to make your stay as pleasant as possible for you and your significant other. For your comfort, and the comfort of others, we ask that you bring only one family member with you, if possible, and limit cell phone use to the outside of the building. Please plan to have your driver wait in the reception room area. The anticipated length of stay is 2—3 hours.