

Conscious Sedation

The aim of this information sheet is to help answer some of the questions you may have about having conscious sedation for your procedure. If you have any questions or concerns, please do not hesitate to speak to the healthcare professional caring for you, before the sedation is given.

What is conscious sedation?

- One of the staff members looking after you will put a cannula in one of your veins (usually in your arm or the back of your hand). Through this cannula, you will be given a small injection of a drug (sedative). The drugs are used to make you feel less anxious and more relaxed about the treatment you are about to receive
- Although you will not go to sleep, you may think that you have been. Many people cannot remember very much about the treatment afterwards
- During sedation your pulse and breathing will be monitored by a clip on your finger. You may be given extra oxygen to breathe
- You will be kept in hospital until you have recovered sufficiently from the effects of the sedation

What are the risks of conscious sedation?

- The levels of oxygen in the blood stream may fall. This is due to reduced breathing during sedation. You may be asked by the staff looking after you to take deep breaths to correct this. Your breathing level will be monitored throughout the procedure
- Bruising at the site of the cannula. This may take several days to fade completely
- Very rare risks:
 - Allergic reaction to the sedative drugs that you have been given
 - Vomiting
- It is very important that you let the healthcare professionals know your medical history, including any medication you are taking; if you snore loudly; if you have any problems with your breathing (particularly at night); and if you have had any problems in the past with having either a general anaesthetic or sedation

What are the alternatives to conscious sedation?

- The main alternative to conscious sedation is a general anaesthetic where you are completely asleep during your operation. This is riskier and cannot be done if you have certain medical conditions. It is often better to avoid a general anaesthetic if the procedure is minor
- Some procedures can be done under local anaesthetic, which means the area which needs treatment will feel numb, but you will be completely alert during the procedure. Your healthcare professional will let you know if this is possible

How do I prepare for conscious sedation?

- You must have nothing to eat for 6 hours before your appointment time Please do not chew gum (including nicotine replacement gum) or eat sweets during this time
- You can drink **still water** up to 2 hours before your appointment and then you can have **small sips** of water (for example, for a 9:00am appointment you must only have **small sips** of water after 7:00am)
- Please bring a responsible adult with you. This adult **must** escort you home, and you must have a responsible adult to stay with you for 24 hours. If you do not have a responsible adult able to stay with you, please discuss this with your nurse or doctor before your appointment

Emergency procedures

If you are having your procedure done as an emergency it may not be possible for you to fast for the recommended amount of time. The staff looking after your sedation will be aware of this.

Discharge advice following conscious sedation

Sedation can affect your reflexes and judgment, and you may still feel a little sleepy, confused, clumsy or dizzy. This will wear off within 24 hours.

The effects of the sedation may take some time to go away, so please follow this advice for the **24 hours following the procedure**:

Do:

- Remain with a responsible adult
- Rest quietly
- Drink plenty of fluid and eat a light diet

Do not:

- Drive a car or any other vehicles including bicycles
- Make any important decisions such as signing any legally binding documents
- Operate any machinery or appliances such as cookers or kettles
- Drink any alcohol or take other sedative medication/drugs, for example sleeping tablets
- Lock the toilet door, or make yourself inaccessible to the person looking after you
- Undertake activities involving heights (including climbing ladders or onto a chair)
- Undertake sporting activities
- Be the sole carer for young children or other dependants

Ward/department contact details (please complete)

Queen Elizabeth Hospital Birmingham

Phone: 0121 371.....

Birmingham Heartlands, Solihull and Good Hope Hospitals

Phone: 0121 424.....

If you have concerns out of hours, please call 111(NHS direct) or visit your local walk in centre.
In an emergency please visit your local Emergency Department.

Conscious Sedation Group

Queen Elizabeth Hospital Birmingham, Mindelsohn Way,
Edgbaston, Birmingham, B15 2GW, Tel: 0121 627 2000

Accessibility

To view this information in a different language or use text-to-speech reader visit **www.uhb.nhs.uk**, click the yellow and black circular icon in the bottom right of the web page to open the ReachDeck toolbar and then use the search bar to search by the name of the leaflet. If you require this information in another format such as braille, please email interpreting.service@uhb.nhs.uk.



How did we do? 😊 😐 😞

If you have recently used our services we'd love to hear about your experience. Please scan the QR code or follow the link to share your feedback to help us improve our services. **Thank you.** www.uhb.nhs.uk/fft

