

Sedation and pre-sedation screening

This leaflet provides additional information on sedation and pre-sedation screening. Moderate to deep sedation is available for procedures or examinations that do not take place in the operating room. This sedation is more than a slight high, but less than a general anaesthetic. Sedation helps you experience more comfort during your examination or procedure.

What is sedation?

Sedation is a depression of your consciousness. This is done by administering a drug through an IV in your arm or hand. In most cases, sedation ensures that you do not consciously experience an unpleasant or painful procedure or examination. The difference with an anaesthetic is that you continue to breathe yourself, while an anaesthetic requires a ventilator.

The sedation specialist

Sedation is given by a sedation specialist. This is an anaesthetic nurse who specialises in various forms of anaesthetics and pain control. The sedation specialist is with you during the entire procedure or examination. He/she monitors your vital body functions, heart rhythm, circulation and breathing.

Pre-sedation screening

A pre-sedation screening will take place if you want to be sedated. This consists of a questionnaire that you always have to fill out in advance. This may then be followed by a (telephone) conversation with the sedation specialist. Sometimes an additional examination is needed. During the procedure, another sedation specialist may give the sedation. He/she knows your pre-sedation screening.

Preparation

Medication use

The attending doctor or sedation specialist will discuss with you which medication must be stopped before your procedure or examination and which can be taken. You can take the medication that you are allowed to use with a sip of water.

Fasting

You must have an empty stomach for all procedures and examinations (no eating or drinking). Unless otherwise agreed, you must comply with the following rules:

- On the night before the procedure or examination, no eating after midnight. No smoking either;
- If you have an appointment before 1 pm, you can still drink water, tea or black coffee (with sugar) on the morning of the operation until 6 am, but no more than 200 ml;
- If you have an appointment after 1 pm, you can still drink water, tea or black coffee (with sugar) on the morning of the operation until 10 am, but no more than 200 ml.

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Jewellery, make-up and other issues

- You may not wear a watch or jewellery;
- Do not bring any valuables with you;
- It is wise to safely store your glasses and/or contact lenses. You can keep a hearing aid in as long as possible;
- Remove any make-up and nail polish. The sedation team wants to see the colour of your skin and nails;
- Depending on the examination or the procedure, you may or may not get to wear your own clothing. We will tell you this on the spot. In any case, wear a T-shirt with short sleeves;
- Sometimes you may keep your dental prosthesis in.

Types of sedation

With every procedure or examination, we observe your heart and lung function with a blood pressure band, electrodes, and a saturation meter on your finger. An IV is also always needed. There are basically two forms of sedation: mild sedation and moderate to deep sedation. The sedation specialist is only present for moderate to deep sedation.

Sedation reduces consciousness:

- You become sleepy, drowsy. As a result, you do not consciously experience the procedure or examination. Sometimes you will have forgotten it afterwards.
- In many cases, you will receive a strong painkiller as well as sedation, to ensure you experience little or no pain.

With sedation, you are wakeable, just like during sleep. That is why you retain important reflexes such as breathing and swallowing during sedation.

After the procedure or examination

In the recovery room

After the procedure or examination, you will be taken to the recovery room. This room is located in the treatment centre. Here you are also connected to monitoring equipment. You can get extra oxygen via a tube/cap in/on your nose. Nurses pay attention to your vital body functions.

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Home

If you can return home the same day, you must be accompanied by an adult; otherwise, the examination will not take place. Your chaperone can pick you up at the recovery room after the procedure. We recommend not being alone the evening and night after sedation. You must take it easy for the first 24 hours after the procedure:

- Do not operate machinery or vehicles;
- Do not drive in traffic;
- Do not make any important decisions;
- Do not use alcohol;
- Eat and drink easily digestible food, such as rusks or bread, milk, pudding, soup, boiled potatoes, vegetables and fish.

To the nursing department

If you are admitted to the hospital, you return to the nursing ward as soon as you are sufficiently awake from the sedation.

Recovery

Depending on the type of procedure or examination, you may not feel fit for a while. This can be caused by, among other things, the sedation and/or the fact that you experienced the procedure as a major event. Your attending doctor can often give a good estimate of your recovery period.

Do you have any questions?

If you have any questions after reading this leaflet, you can contact your attending specialist.