

Endoscopic sedation



Medicine to help you relax (sedation) will be given to you before your endoscopy. If you are having an upper endoscopy or EGD, air or carbon dioxide will be used to help expand your stomach. If you are having a lower endoscopy or colonoscopy, air or carbon dioxide will be used to help expand your large intestine. This may cause mild discomfort, bloating and cramping. Sedation is used to help ease this discomfort.

There are different levels of sedation. Depending on the procedure you are having, you may need more or less sedation. If you are having an endoscopy, you will need moderate sedation. Moderate sedation allows you to respond to verbal commands and touch. Even though you may be able to follow some commands, you may not be able to remember them. A member of the healthcare team will give you a combination of medicine by IV to help you relax.

Moderate sedation

- Helps lower pain and anxiety so you stay calm.
- Some people may remember being asleep or parts of the procedure while others may not.
- Allows patients to breathe independently.
- Medicines are given slowly until you are relaxed and sleepy.
- Complications are rare. It is safe for most people having an endoscopy.

While most patients are asleep and unaware of the procedure, others may feel mild discomfort and/or remember some of the procedure. The medicine can be adjusted based on a patient's comfort level and vital signs. Your health care team is highly trained in using these medicines. Your vital signs will be monitored throughout the procedure.

Patients receiving sedation

- Plan to rest at home after the procedure for the rest of the day.
- The medicine may affect short term memory and decision making. It can also slow reaction times. Avoid drinking alcohol, making important decisions or operating a vehicle or machinery until the next day.
- An adult who will take you home after the procedure must come with you to your appointment. They must stay at the medical center for your whole procedure. If you do not have someone with you at check-in, your procedure will be rescheduled.