What to expect from your sedation during your endoscopic procedure?

Sedation will be administered prior to your endoscopic procedure. Air will be used to help expand your stomach (during upper endoscopy or EGD) or your large intestine (during lower endoscopy or colonoscopy). This air may cause mild discomfort, bloating and cramping. Sedation is used to help relieve these sensations of discomfort.

Moderate sedation is provided by administering a combination of intravenous medications, commonly Fentanyl and Versed, which are highly effective for the sedation needs of most patients having an endoscopy. Moderate sedation is a state of decreased awareness in which you can still respond to some verbal commands and physical stimulation. Even though you may be able to follow some commands, you may not be able to recall them.

Moderate sedation:

- Will provide a calming effect and help decrease any pain and anxiety
- Will provide temporary forgetfulness for the procedure. Some patients may remember being asleep while others may not
- Will allow patients to maintain heart and lung function and breath independently without support
- Medications are given slowly and gradually to achieve a level of sedation in order to keep patients comfortable and to allow for a safe and technically successful procedure
- Is very safe for most people having an endoscopy. Complications associated with sedation are rare occurring in less than one in every 10,000 patients

While most patients are asleep and unaware of the procedure, others may experience mild discomfort and/or have some recollection of the procedure. The sedation medications can be adjusted based on a patient’s comfort level and vital signs. Your doctor and endoscopy staff are highly trained in using these medications. Throughout the sedation process, your vital signs will be closely and routinely observed.

Patients who plan on receiving sedation:

- Should plan to rest at home after the procedure for the remainder of the day
- Should avoid making important decisions or operating a vehicle/heavy machinery until the day after the procedure since the sedation may decrease reaction times and short-term memory problems which may affect driving and decision making
- **Must** be accompanied by a responsible adult upon checking into the endoscopy unit. This individual will need to be responsible for driving and escorting you home after your procedure. This individual may not drop you off and return to the unit at a later time and **must** remain in the office building until you are ready to be discharged. There are no exceptions!