

## Sedation for Diagnostic and Therapeutic Procedures: What should you know?

### 診斷和治療程序施行的鎮靜麻醉 概覽

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#### Introduction

This leaflet aims to provide you with the basic information about the sedation that you are going to receive. If you have any questions about your sedation that are not covered in this leaflet, please discuss with your doctor.

#### What is sedation?

Sedation is a process to make you sleepy and comfortable by administering drug(s) during procedures that are often associated with significant discomfort. It enables the doctor to perform the procedure smoothly and safely while you remain sleepy, calm and still. After sedation, you may or may not be aware of what is going on during the procedure. You may or may not remember the procedure when the sedative effects of the drugs have worn off.

#### Who is responsible for your sedation?

The doctor who is responsible for your sedation will need to assess and prepare you first. After giving you the sedatives, the doctor (and other health care providers) will monitor your wellbeing while you undergo the procedure. He/She will also be responsible for your recovery and discharge, and to manage any emergencies and complications related to sedation.

#### Assessment before sedation

You will be assessed before sedation. The assessment includes:

- relevant medical history, physical examination, and investigations if necessary
- adequate explanation of the procedure and risks
- informed consent for the procedure to be performed under sedation

#### How can I prepare?

- To prevent aspiration of food or liquid into the lungs during sedation, you may be advised not to eat at least 6 hours before your procedure. You will, however, be able to drink clear fluids until 2 hours before procedure. This is known as 'Fasting'. Your health care provider or hospital will give you clear instructions about fasting and you should follow them.

- You should tell the doctor your medical history and ask if you are not clear about something.
- You should report any recent illness, fever, colds, allergies and medications (including chinese medicine) to your health care provider or hospital.

### **What happens during the sedation?**

- A clean plastic-like tubing will usually be inserted into a vein of your arm (or where convenient) before sedation. This is essential in case the doctor needs to inject drugs or administer sterile fluids.
- Sedative drugs may be given to you through this plastic-like tubing or in different ways and as appropriate.
- You may also receive pain relieving drugs if necessary.
- To ensure safety, qualified health care providers will monitor your physical conditions during the sedation.

### **What happens after the sedation?**

- You will be monitored for an appropriate duration after the sedation/procedure before discharge.
- In the outpatient setting, you may be discharged home directly after recovery from sedation. You should have a responsible adult to escort you home.
- Upon discharge, you will be given instructions of possible complications and how to obtain medical advice if needed. Please follow the instructions carefully.
- Do not drive or operate machinery or sign legal documents for at least 24 hours after your sedation.

### **Is there any risk of sedation?**

In general, sedation is safe. The underlying risk is related to your medical condition, the sedative drugs used, the experience and training of the doctor administering sedation, and the procedure being performed. The possible complications associated with sedation are:

- Aspiration of gastric contents
- Airway obstruction
- Decreased breathing effort
- Unstable blood pressure and irregularities of heart beats
- Adverse drug reaction, including allergy reactions which may be severe
- Risks related to the diagnostic and/or therapeutic procedure

## Remarks

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information please contact your doctor.

Complications may sometimes occur despite all precautions. However, if they do occur, your doctor will take appropriate steps to manage them.