

Anaesthetist-controlled sedation

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

Introduction

Sometimes it is necessary to use a more effective sedation method to allow a procedure to take place. An anaesthetist-controlled sedation may be considered when a patient does not need a full general anaesthetic, but a heavy sedation is required to allow the procedure to take place.

What is an anaesthetist-controlled sedation?

A sedation that is controlled by an anaesthetist uses an effective combination of drugs that can be monitored and adjusted, allowing the anaesthetist to administer additional sedative if required. Using this method generally makes it much easier and more comfortable for the patient. It is extremely unlikely that if this method is used, the patient will recall anything from their procedure.

Before the procedure

Prior to having the sedation, you will have an assessment which will determine whether you are suitable for this type of sedative. At the assessment the nurse may order some tests to be performed, to give the anaesthetist indicators to your current fitness. If the nurse has any concerns about the results of the tests, she will send the patients notes and the test results to the anaesthetist for review.

You are asked to fast ahead of the sedative being given. We advise you to take no solid food for six hours prior to the appointment. **Clear fluids (water, squash, black tea or coffee) only** may be taken up to two hours before the procedure. No foods or liquids in the last two hours before the appointment.

On the day

On the day of the procedure, you will meet the anaesthetist to discuss the sedation. When we are ready for your procedure you will go into the treatment room. The anaesthetist will then place a small plastic tube called a cannula in the back of your hand. The sedative is given through the cannula. You are monitored throughout the procedure by the anaesthetist. Oxygen may be given via a mask as required. The sedative used is short-acting and patients usually wake quite quickly after the procedure in the recovery area.

You will continue to be monitored in the recovery area until you are fully awake. Once awake, you will be moved to the seated area where refreshments will be given.

After the procedure

Following the sedative, a responsible adult must collect you from the unit and take you home. Once at home you must be accompanied by a responsible adult for 24 hours following the procedure.

It is advised that the patient **must not**:

- Drive a car or operate machinery
- Sign a legal document
- Drink alcohol
- Bath or shower for 24 hours unless accompanied.

Further information

You and your anaesthetic booklet by the Royal College of Anaesthetists

www.rcoa.ac.uk/document-store/you-and-your-anaesthetic

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

Northern Devon Healthcare NHS Trust
Raleigh Park, Barnstaple
Devon EX31 4JB
Tel. 01271 322577
www.northdevonhealth.nhs.uk

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Tel: 01271 313970 / email: ndht.contactus@nhs.net