Information for adults requiring procedural sedation

Please read this information before having a procedure carried out under sedation. Our staff will answer any questions you have.

What is procedural sedation

Procedural sedation involves giving medications to reduce your pain and distress so that you can receive the treatment you need as quickly as safely as possible.

The sedation will make you sleepy so that you are less aware and anxious. The level of sedation required will depend on the procedure that needs to be carried out.

The sedation can be given by breathing it in, an injection in the muscle or an IV drip depending on the degree of sedation needed.

The risks of procedural sedation

Before you give your consent to be sedated, it is important that you understand the possible risks:

- sedation can fail and a full anaesthetic may be required
- sedation medication may cause nausea or vomiting.

The following risks are unlikely but could still occur under procedural sedation:

- you may need assistance with breathing including placement of a breathing tube
- you may experience aspiration (vomit inhaled into the lungs)
- you may experience an allergic reaction to the sedation used. This will require treatment with extra medications.

You will be monitored carefully by trained staff throughout the sedation process until you are fully awake.

How your family can help during sedation

Before the procedure

- stay positive and talk about pleasant things
- avoid excessive stimulation such as loud voices, phones
- avoid eating in front of you because you are unable to do so until recovered from the sedation
- remain calm - high levels of emotion increases stress on the patient and everyone involved
- now is not the time for resolving important issues or criticism
- if family members are likely to feel distressed watching any medical procedures, they should leave the room.

Going home

- please make sure you have your discharge advice with you before going home.
- please ask the doctors and nurses any questions you have before going home.

www.facebook.com/Sunshine-Coast-Hospital-and-Health-Service