

What to Expect with your Moderate Sedation



General Anesthesia

You will have medicine in an IV or breathing mask with a special gas. You will be in a deep sleep. You will not move, feel any pain or remember the procedure.



Moderate Sedation

A nurse will give you medicine for your procedure. You will feel drowsy and may fall asleep. A light touch or sounds may easily wake you up. You may remember some of the procedure. This is normal.



Regional Anesthesia / Nerve Block

You will have medicine injected under your skin. This numbs a small part of your body for the procedure. You will be awake, but comfortable.



If you are going home the same day as your procedure, you must have a responsible adult above 18 years of age to take you home. You will not be allowed to drive home or take a cab/taxi/uber/medicar by yourself. We will verify your ride home pre-procedure. **If you do not have a responsible adult to accompany you after your procedure, your procedure will be cancelled.**

Before Procedure

- Follow instructions regarding eating and drinking and which medications you should or should not take before your procedure.
- Your care team will insert an IV. This may take more than one attempt.

During Procedure

- Your care team will be monitoring you throughout your procedure.
- Hearing sounds during your procedure is normal, especially with sedation.

After Procedure

- You may or may not have memories of your procedure.
- Specially trained nurses will monitor you as the effects of the sedation wear off.
- Some discomfort may be normal.
- You may feel drowsy, experience muscle aches or shivering or become nauseated. Tell your care team so they can help you feel better.

Going Home

- Sedation may remain in your system for up to 24 hours.
- DO NOT drive, operate a vehicle, drink alcohol, make any important decisions or sign legal documents for 24 hours.
- Drink plenty of fluids and eat food as tolerated, unless directed otherwise by your health care provider. Take medications as prescribed, and rest at home in the care of a friend or relative.