What to Expect with your Moderate Sedation

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.**

**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.

**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.

Disclaimer: This is provided for general information purposes only and is not intended to provide any medical advice. If you have questions about your procedure, please consult with your health care provider. Information from this brochure was adapted from education information from the American Society of Anesthesiologists and the American Association of Nurse Anesthetists.

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