

What is moderate sedation?

Moderate sedation is a relaxed or resting state of mind. It reduces the feeling of pain with pain relievers and sedative drugs. When you are under moderate sedation, you are able to speak and respond to questions. You are also able to tell your health care professional if you feel any pain. You are able to breathe on your own which helps make the procedure safer. The drugs you are given may cause you to have a brief memory loss. You may not be able to remember the test or surgery.

When is moderate sedation used?

Moderate sedation is used in hospitals, clinics and outpatient settings for:

- Breast biopsy
- Vasectomy
- Minor foot surgery
- Minor bone fracture repair
- Minor plastic surgery
- Dental work
- Procedures that use a scope to view organs (colon, stomach, lung, etc.)
- Cardiac catheterization

Be sure you have a friend or relative come with you on the day of your surgery or procedure to drive you home.

Who can administer moderate sedation?

- Any specially trained health care professional (nurse anesthetist, doctor, dentist, oral surgeons, etc.)
- A registered nurse may also assist

Does someone watch me during moderate sedation?

When you are given moderate sedation, a registered nurse or nurse anesthetist will stay with you the entire time. Your blood pressure, breathing, heart rate, and conscious state will be watched during and after your procedure. You may be given oxygen. Health care professionals who give moderate sedation are well trained in emergencies and have all the equipment they need to treat any unexpected effects.

What can I expect after my procedure?

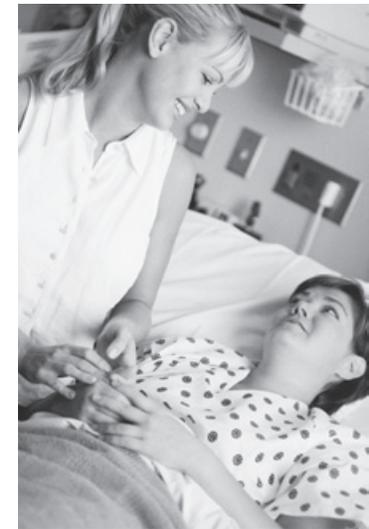
- We will keep you about one hour after your procedure to watch your blood pressure, heart rate, breathing, and alertness
- We will send written instructions home with you
- You may get a follow-up phone call after your procedure

You may have one or more of these side effects:

- Brief memory loss
- Headache
- “Hangover” type feeling
- Stomach upset (vomiting)
- Unpleasant memories

For at least 24 hours after you have had moderate sedation you may feel fatigued or tired and more prone to make errors:

- Do not drive
- Do not use any mechanical or electrical devices
- Do not make any important decisions
- Do not drink any alcohol
- Do not smoke unless someone is with you

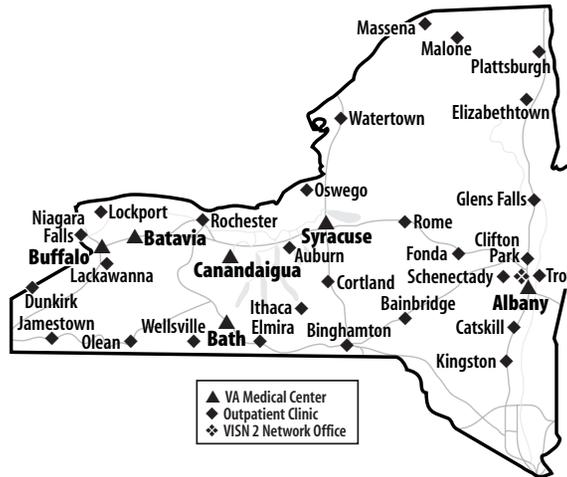


Please write down any questions you may have:

If you have questions you would like answered before your procedure, please call:



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Moderate Sedation
What you can expect

