

# Sedation for Office Gynecology Procedures

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Conscious (moderate) sedation is an alternative to general anesthesia (where you are unconscious and unaware during surgery). **Conscious sedation** is used in procedures to prevent pain, help you feel more comfortable, and avoid harmful side effects. While under conscious sedation you may feel drowsy or fall asleep, but can be awakened when spoken to.

## **How do I prepare for sedation?**

When scheduling the procedure your doctor will discuss the sedation method that works best for you. Your doctor will also discuss which medications you may need to stop before the procedure. Medications such as Indomethacin, Daypro, Aleve, Ibuprofen, Aspirin, and even Pepto-Bismol can negatively affect sedation. Frequent use of narcotics and alcohol, and use of anti-anxiety and anti-depressants, can also affect sedation. In these cases, your doctor may find sedation alternatives. **Please consult your doctor before receiving conscious sedation if you have allergies to Fentanyl, Versed, or Ativan.**

Your doctor will also instruct you to find a responsible, trusted adult to remain in the clinic during your procedure and take you home after the procedure is finished.

## **1-2 days before procedure:**

You will receive specific instructions from the clinic on food, liquid, and which medications to take to prepare for your procedure.

## **Procedure Day**

On the day of the procedure, your doctor will go over the procedure and sedation details with you. Your doctor and nurse may take vitals and review your medication list again.

## **How will I receive sedation?**

Conscious sedation is typically administered by IV, injection, mouth, or in combination with numbing medicine. IV and injection medication may take effect immediately or within 5-30 minutes. Oral medication may take effect within 30-60 minutes.

## **Will I be awake while on sedation?**

Yes. Your doctor can speak to you and you can respond. Some people may fall asleep on sedation but can easily wake up if spoken to.

## **What happens during the procedure? Will I feel pain?**

Your doctor and nurse will monitor your vitals. You may feel relaxed and begin to feel sleepy, but you will still be aware of your surroundings. You will feel pressure (from the speculum), and mild pain or cramping.

## **What are the side effects of sedation?**

- Sedation may slow your breathing. If this happens, your nurse may need to give you oxygen.
- Sedation may also affect your blood pressure. If this happens, your doctor will decide if IV fluids are necessary to get your blood pressure back to normal.
- Sedation may result in headaches, drowsiness, or nausea for several hours after the procedure.
- Occasionally, sedation may also result in temporary amnesia (not remembering what has happened).

## How long does sedation take to wear off?

How quickly sedation wears off depends on two things:

- 1) The length of the procedure
- 2) The type(s) of sedation medication used

For short procedures with short-acting drugs, sedation should wear off quickly. For long procedures with long-acting drugs, sedation should wear off slowly. It is recommended you get rest after your procedure.

## What should I do after the procedure?

After your sedation do not:

- Drive
- Drink alcohol
- Use machinery
- Make important decisions
- Sign legal documents

Since you may be drowsy and nauseous after your procedure, you must have a responsible, trusted adult take you home after the procedure. We do not recommend taking local transportation (walking, bus, Uber/Lyft, taxicab, or Metro) without a responsible adult with you.

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