

# Learning About Sedation for Adults

Sedation is a type of anesthesia that is used to help you relax or fall asleep during a procedure.

Sometimes sedation is used to help with pain.

Sedation is often used in procedures like colonoscopies or biopsies.

It's also used in surgeries like knee surgery or hernia repair.

And in some cases, sedation is used with numbing medicine to block pain in part of the body.

Sedation medicine is usually given in the arm using an intravenous, or I.V., tube.

It can also be given by mouth.

The doctor or nurse will give you the medicine, and they will watch you closely during the procedure.

During the procedure, you may be awake and able to talk with your care team.

Or you may fall asleep.

You might remember little, if anything, of the procedure or surgery.

Now here's what you can expect after the procedure or surgery.

You may feel dizzy, unsteady, or tired. You may feel confused or have trouble thinking.

Some people feel nauseated and may vomit. You may get medicine that can help.

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The time it takes for sedation medicines to wear off will depend on the medicines used and how your body responds to them.

Now let's learn about preparing for sedation.

Before getting the sedation medicine, your doctor will examine you to check for anything that could affect your care.

They'll also discuss any risks and how you may feel after the sedation.

Tell your doctor about any health problems—such as sleep apnea—and any past surgeries.

Also tell them if a family member has had problems with anesthesia.

And tell the doctor about all medicines and natural health products you take.

Let them know if you're pregnant or if you smoke.

And if you do smoke, try to stop for at least 1 month before your procedure.

This might even be a good time to try to quit for good.

And here's something else you can prepare for.

You may be asked a lot of questions that seem personal.

These questions are not being asked to judge you or invade your privacy.

They are being asked to keep you safe.

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For example, if you use marijuana, opioids, or other drugs, let your care team know.

They may need to adjust your medicines to keep you safe.

They will keep your information confidential.

Now, if your surgery or procedure involves staying at the hospital, remember to bring your CPAP machine if you use one.

Thinking about sedation may be stressful.

But knowing what to expect and how to prepare can help.

And if you have any questions or concerns, you can always talk to your doctor.