

Thank you for offering Atlantic Anaesthetics the opportunity to perform your conscious sedation for the procedure you are about to have. Have comfort in the fact that your sedation will be performed by one of our highly trained and skilled anaesthesiologists who is a medical doctor that has further specialized in anaesthesia, is kitted with all the necessary drugs and equipment and is strictly governed by the South African Society of Anaesthesiologist in order to ensure a safe sedation as well as analgesia and anxiolysis.

Please read the following few pages carefully in order to answer any questions you might have and discuss any additional questions or concerns you with your anaesthetist prior to you sedation.

### ***What is “conscious sedation” ?***

This term was previously used for what should correctly be called *procedural sedation and analgesia*, or PSA in short. By using highly specialized equipment and a variety of intravenous drugs, your anaesthetist can administer minimal sedation / anxiolysis where you are still fully verbal but may have impaired cognition. Even deeper moderate sedation and analgesia is possible that in essence is a drug-induced depression of consciousness but you still purposefully respond to verbal command and light touch. Your spontaneous breathing and cardiovascular function remain unaffected.

“Conscious sedation” is **not** a general anaesthetic and you will **not** be unconscious, but merely in a relaxed state.

### ***Objectives and benefits of conscious sedation / PSA ?***

- It greatly reduces your fear, anxiety and distress you may have experienced were you to have the procedure fully awake
- Physical discomfort and pain is minimized and to some extent even psychological trauma
- Your procedure can be performed safely, reliably and effectively
- There is no need for you to be admitted to a hospital or taken to theatre, which can be very costly
- You can return to your daily life sooner and more clear headed

### ***What is expected of me prior to having my PSA ?***

If you suffer from any chronic medical condition and you take any medication for it, please discuss this with your anaesthetist.

Please complete the medical questionnaire carefully as this will determine your type of PSA.

Discuss any concerns with your anaesthetist, and mention if you feel sick or unwell prior to having your procedure.

Please wear comfortable clothes preferably with loose fitting sleeves.

Do not eat or drink anything 6 hours prior to your procedure. Clear fluids can be taken up to 2 hours before, but as a general rule, nothing should be taken that you cannot read newsprint through.

Please take your chronic medication as per usual and do not forget to mention if you take any blood thinning drugs, and these include herbal medication.

Please arrive, if possible, 30 minutes beforehand. This gives time to go through any questions you might have, and sometimes it might be necessary to administer a mild pre-medication or even apply a numbing patch if you dislike needles ( who doesn't!?)

Please empty your bladder before the procedure.

A spouse/friend/family member may remain with you until the sedation is set up and underway and the procedure is about to start. But thereafter they will be kindly asked to leave the procedure room.

The smallest needle necessary will be put into a vein in your hand or arm.

The anaesthesiologist or his assistant will apply all the necessary monitoring equipment, e.g. blood pressure cuff, ECG electrodes and saturation monitor.

### ***What can I expect after my sedation / PSA ?***

Depending on where you are having your procedure done, you will be recovered in the procedure room or in an adjacent suitable area. Here all your vitals will be continued to be monitored till you fit certain discharge criteria.

You must be escorted home by a responsible adult and remain in their care for the remainder of the day. Your anaesthetist is fully entitled not to administer sedation should you arrive without an escort.

You may not drive, operate equipment or partake in activities that require your full alertness, and this includes sports like cycling or swimming.

If you tolerate clear fluids, you may attempt a light meal, but do not eat if you feel nauseous.

You may not remember much of the procedure or have temporary amnesia (loss of memory). This is normal and will only last a few hours.

The incidence of side effects are rare but few to be aware of are drowsiness, dizziness, shivering, headache and very rarely nausea and vomiting.

***If at any stage you have questions or worries, please phone your anaesthesiologist.***

***Our practice emergency number is 0861 766693***