



What is Conscious Sedation?

Conscious Sedation is a collective term used to describe short-acting medicines that make you drowsy; this is beneficial during your diagnostic procedure if you have trouble being confined in spaces or if you cannot lie still. During Conscious Sedation you will feel relaxed and comfortable, you may fall asleep but will still be able to wake up and obey instructions if we give them. You may not be very aware of the procedure while it is occurring, and you may not remember it afterwards. Recovery is rapid, usually 20-30 minutes, and the drugs do not give you a 'hangover' or make you feel sick.

How long will the procedure take?



Conscious sedation is given as part of another procedure.

Please allow an extra hour to the time that the procedure will take.

Is there any special preparation required?

When booking your appointment, you must plan for a responsible adult to take you home after your procedure. You will not be allowed to leave alone or drive yourself home. Side effects are few, but you may feel drowsy for the rest of the day. We advise that you do not return to work and that you are not left alone for the remainder of the day. We can provide you with a medical certificate if required.

What do I need to do on the day of the procedure?

- Do not have any solid foods, milk (any description or amount) or particulate drinks in the 6 hours prior to the procedure.
- You are able to drink clear fluids until 2 hours before the procedure including; water, pulp-free fruit juice, clear cordial, black tea or coffee.
- If you are diabetic, it is recommended that you book an early morning appointment, please do not have your morning insulin instead bring your BSL test machine and insulin with you to your appointment. If you have an afternoon appointment, take your Insulin as normal, please bring in your BSL test machine.
- You may take other prescribed medicines before your scan with sips of water.
- You will need to take your pain medicines as prescribed; please advise the doctor of the medicines you have taken.
- You will be asked to arrive early before your scheduled procedure. At that time, you will be taken to the patient changing room where you will be asked to change into a hospital gown.

What happens during the procedure?

- The doctor will explain the benefits, risks, and recovery expectations of your procedure; you will have time to ask questions. If you agree to the procedure, you will be asked to sign a consent form.
- The doctor will administer the medication and will make sure you are relaxed. You may even begin to fall asleep.
- You will be monitored during the entire procedure, this may include checking your blood pressure, pulse, breathing and the level of oxygen in your blood which will be monitored by placing an oxygen clip on your finger.
- If you become uncomfortable or restless at any time, the doctor may safely adjust the medication if required.

Are there any after effects from the treatment?

For 24 hours after the procedure:

- Do not drive a car or operate large machinery or power tools (of any sort)
- Do not drink alcohol
- Do not make important personal/business decisions or sign legal papers
- Avoid exercise, such as swimming, cycling etc.
- Take extra care as a pedestrian.

What happens after the procedure?

After your scan, you will be moved to an area to rest until you feel awake and alert (minimum of 30 minutes), during this time your blood pressure, pulse rate, oxygen levels and breathing will be monitored.

What are the benefits?

In recommending this procedure, the doctor believes the benefits to you from having this procedure exceed the risks involved.

Are there any risks?

Modern sedation is generally very safe, but there is still a risk of side effects and complications. Whilst side effects are usually temporary, some of them may cause long-term problems. There may also be risks specific to your individual condition and circumstances. Please discuss these with the doctor.

As a result of the sedation medication, you may not remember the procedure (procedural amnesia).

I still have questions; who can I ask?

Medical information can be complex, and you may receive information that you do not fully understand. It is important for you to consider the risks and outcomes of the procedure as well as your personal needs before making a decision to undergo the procedure.

If you have read this online information and are still unsure if this is the correct procedure for you; before making a booking, you should discuss your questions or concerns with your referring doctor in the first instance. Your regular GP and/ or your family may also be a useful resource. Your referring doctor can answer questions about the risks and benefits of not having the procedure and other options for treatment.

If you have questions before your appointment about what is involved on the day, our staff would be happy to assist. Please contact the imaging centre where you have made your appointment.