



Patient Information Leaflet - Procedural Sedation

This leaflet explains what procedural sedation is, why it's used, what to expect, and what the risks are. It's designed to help you make an informed decision.

What is procedural sedation and why is it used?

Procedural sedation is a process where a doctor gives you medications including analgesics (pain killers) and sedatives (medications which make you more sleepy) to allow you to tolerate different medical procedures.

Depending on the procedure, different levels of sedation may be needed:

- **Minimal sedation** – You feel relaxed but stay awake and can respond
- **Moderate sedation** – You will be sleepy and less aware of your surroundings but can still respond when spoken to
- **Deep sedation** – You will be very drowsy and may not respond to voice, may be unaware of your surroundings, and might need help with breathing which the doctor will manage

How is procedural sedation performed?

Before the procedure:



- The doctor will assess your **medical history** and ask about:
 - Any **past sedation** experiences
 - The **last time you ate or drank**
 - Whether you have **false or loose teeth**

During preparation:

- You'll be connected to monitors to check:
 - **Heart rate**
 - **Oxygen levels**
 - **Blood pressure**
- A **cannula (IV drip)** may be placed in your arm.
- You'll be given **oxygen through a mask**.
- A safety checklist will be completed by staff before starting the procedure.

What medications are used?

A variety of different medications can be used. The choice of medication often depends on the procedure being performed. If you have questions about what medications you will receive, please ask the doctor performing the sedation.

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What are the benefits of procedural sedation?

Procedural sedation helps you:

- **Feel less pain and anxiety**
- **Remain still and comfortable**
- **Allow muscles to relax**, which helps the doctor carry out procedures (e.g. putting a dislocated joint back into place)

What are the risks?

Most of the time, procedural sedation is a safe, uncomplicated process. However, there are some potential risks of which you should be aware. The doctor performing the procedure should talk you through these before it begins. Further details are available on the back of the consent form.

Are there any alternatives?

Sometimes the procedure can be attempted with **pain relief only**, without sedation. However, many procedures are too uncomfortable or difficult without it.

If you have concerns, **please speak to your doctor** – they will be happy to answer your questions.

What happens after the procedure?


□ You'll be **monitored for about an hour** in the emergency department.

□ You may then:

- **Go home** if you're fully recovered
- **Stay in hospital** if further treatment is required

Important aftercare advice

- You may feel **drowsy or sleepy** for up to **24 hours**. It is recommended you have a responsible adult with you during this time.
- During this time, **do not**:
 - Drive a car or motorbike
 - Use public transport alone
 - Operate machinery or power tools
 - Sign important documents or make major decisions
 - Drink alcohol

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