



Internally Yours[®]

A Publication
of Atlanta South
Gastroenterology, P.C.

www.AtlantaSouthGastro.com

www.EndoAtlas.com

What is Moderate Sedation?

Moderate sedation is the technique of providing medication to relieve anxiety and discomfort during medical procedures. In contrast to general anesthesia where patients are completely unconscious,



patients receiving moderate sedation are semi-conscious but comfortable. For this reason, moderate sedation has also been called “twilight sleep” or “conscious sedation” in the past.

Moderate sedation is administered through an intravenous catheter (“IV”) to provide relaxation and to minimize discomfort. You will feel drowsy



and may even sleep through portions of the procedure, but at all times you will be easily awakened when spoken to or touched. You may or may not

remember all or portions of your procedure.

Although you will not be completely asleep, you will be medically monitored before, during and after your procedure. The nurse will closely monitor your heart rate, heart rhythm, blood pressure and the oxygen levels in your blood. You will wear a nasal cannula through which oxygen may be administered if needed, because your breathing may become slower or more shallow than normal under moderate sedation.



After the procedure you will be observed in recovery for a short time, usually 30 minutes, as the sedation wears off.

There are generally no significant after-effects of moderate sedation. However, your judgment, reaction time and short term memory may be impaired for the next 24 hours. For this reason, you will not be permitted to drive yourself home, and you must bring

a responsible adult to accompany you home. It is also recommended that you not operate dangerous machinery or equipment, make any important decisions or sign any legal documents for the next 24 hours.



Because of the requirement to have an adult escort come with you to ensure safe transportation home, if you arrive for your procedure without an escort, you will not be given moderate sedation. Your choices will be to have the procedure without sedation or to cancel the procedure. A cancellation fee may apply.

The regular use of alcohol or the regular use of medications such as antidepressants, muscle relaxants, sleep medications or pain medications, may decrease the effectiveness of the medications used to provide moderate sedation. Please let the nurse know if this applies to you.