

Instructions for Undergoing Sedation

Introduction

It has been suggested that a light sedative will make the examination that the doctors would like you to have, less traumatic for you.

What is sedation?

Sedation is not a general anaesthetic and will not relieve pain. The sedative will however make you feel very relaxed and able to tolerate the procedure.

Who will be present?

A Radiology Nurse will administer your sedation, under strict guidelines, once you are comfortable on the MR table. Radiographers and radiographic assistants may be present in the room to prepare you for the procedure, they will introduce themselves at the start.

Occasionally student radiographers may be present to observe the procedure.

Is there any preparation needed before my sedation?

Do not eat or drink for 4 hours before your appointment, however you must continue to take your prescribed medication. If in doubt contact your GP.

You will need to bring a responsible adult with you to accompany you home. A responsible adult will need to stay with you for 24 hours (including overnight) after the procedure.

What happens during the sedation?

- On arrival if necessary you will be asked to change into a gown by a member of staff.
- A nurse will ask you some questions about your past medical history and current medications. They will take your blood pressure and other observations prior to your scan.
- You will then be taken into the room and asked to lie on your back on the table. A small needle will be used to insert a line into a vein in your arm.
- The sedative will be administered through the line by a Radiology Nurse.
- The nurse and radiographer will put a small clip on your finger which will monitor the oxygen levels in your blood following the sedative injection.
- We will make you comfortable and answer any queries that you may have. The procedure will be performed and the radiographer will keep in contact with you, to reassure you throughout.

Will it hurt?

No it is not painful.

How long will it take?

The length of the examination usually is around 30 minutes but will vary depending on which procedure you are having.

You can expect to be in the Medical Imaging Department for up to three hours.

What happens after the procedure?

After the procedure you will be taken to our nurse's bay for observation until they are happy for you to go home. Sedative changes remain in your body for 24 hours and will gradually wear off over this time. During the 24 hours following your sedation it is important to observe the following instructions:

- You should make arrangements to travel home by car or taxi with a responsible adult. Public transport is not appropriate.
- A responsible adult must accompany you home and stay with you overnight.
- Do not drive a car or any other vehicle including bicycles as your judgement may be impaired. Please note your insurance is invalid if you do so.
- Do not operate machinery or cooking appliances, including kettles.
- Do not make important decisions or sign important documents.
- Do not drink alcohol.
- Do not lock the bathroom or toilet door or make yourself inaccessible to the person looking after you.
- Drink plenty of fluids and eat a light diet.
- Take things easy the day after your scan and if you have any problem please contact your GP.

Are there any risks or complications?

There are side effects associated with sedation that you should discuss with the doctor or nurse before you decide if you want it.

Finally

If you find reading this leaflet difficult or you do not understand what it means for you, please call **01392 402336**, selecting option 1, then option 8 and we can talk it through.

How to get to the Royal Devon & Exeter Hospital at Wonford

Please refer to the enclosed "Welcome to the Medical Imaging Department" leaflet or use the Trusts website for the latest information:

www.rdehospital.nhs.uk/patients/where

For more information on the Medical Imaging Department, please visit our website:

www.rdehospital.nhs.uk/patients/services/medical-imaging

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