



# Sedatie, roesje tijdens een onderzoek of behandeling - Engels

## Sedation during an examination or treatment

You will soon be undergoing an examination or treatment at Spaarne Gasthuis. You will be sedated during the procedure.

This leaflet explains what you can expect from the sedation and what you should take into account.

Please see the leaflet on the examination or treatment you will receive for more information about that procedure.

### **Where to find the department**

#### **Minor surgery and procedures**

For minor surgery and procedures under sedation, please report to the outpatient treatment room at the agreed time. The reception desk of the outpatient clinic also serves the bariatric clinic. To get there, follow route F3.

## Special examinations under sedation

For special examinations that take place under sedation, the outpatient clinic will make an appointment for you. They will let you know where to report and at what time.

## What is sedation

Sedation makes you less aware of the time and place. It makes you sleepy and drowsy and less aware of the examination or treatment. You will have less discomfort, such as stress, anxiety and pain. The sedative (sedation medicine) will be administered intravenously through a needle in a vein in your hand or arm. Sedation is administered by a sedationist. This is a specially trained nurse anaesthetist working under the responsibility of an anaesthetist.

## What medicine is used for sedation?

The sedationist uses two types of medication.

- **A sedative.** The sedative will make you sleepy and drowsy and less aware of the examination or treatment. You may even forget about the examination once it is over.
- **Pain relief.** Pain relief helps to alleviate the pain, you may feel no pain at all.

## Sedation is not the same as general anaesthesia

Sedation will not render you unconscious. You will retain your important reflexes and will be able to breathe and swallow as normal.

## Preparation

### Anaesthesiology Outpatient Clinic

Before your examination or treatment, you will meet with someone from the anaesthesiology outpatient clinic or one of the sedationists. This meeting can take place up to six weeks before the treatment or examination. The appointment will be made for you at your specialist's outpatient clinic. You will be given a questionnaire about your health, and we will ask about previous surgery, medication use and allergies. You may have answered these questions before, but we ask them again for your safety. You will also receive information about what you can and cannot eat before the treatment. All information will be provided on paper or through MijnSpaarneGasthuis. Please read the information carefully and follow the instructions closely.

Anaesthesiology Outpatient Clinic: Monday to Friday 09:00 - 16:30 +31 23 224 01 65

### Completing a questionnaire

Your doctor may decide that you do not need an appointment at the anaesthesiology outpatient clinic. In that case, you must complete a questionnaire before the procedure. The questionnaire will ask for your name and date of birth, health, allergies, medication you are taking, etc. Complete this questionnaire and bring it with you to the hospital on the day of the examination or treatment. The sedationist will go over the questionnaire with you and ask further questions as necessary. Please also bring this leaflet with you on the day of the examination or treatment.

### Hypersensitivity or allergies

If you suffer from an allergy or are hypersensitive to iodine or plasters, for example, please notify the doctor or nurse. You must specify all allergies or sensitivities.

### Food and drink

You must fast before your examination or treatment. That means:

- You may **not** eat after midnight the day before the examination or treatment.
- You may drink clear liquids **up to two hours before your appointment** on the morning of the procedure. Clear drinks are water, tea, black coffee, apple juice or sports drinks. After that, you may not drink anything until after the examination or treatment.
- You may brush your teeth or take a small sip of water to take your medicine.
- If you have reflux complaints (stomach contents flowing back into the oesophagus) or your stomach is not emptying properly, please let us know. Other rules apply in that case.
- **In some cases, you may not be allowed to drink anything from midnight the day before the examination or treatment. If this applies to you, your specialist will let you know.**

### **Medicine**

If you take medicine every day, your doctor will have told you whether to take all or some of your medication on the day of the examination or treatment. If allowed, you may take your medicine with a small sip of water.

### **Smoking**

You may not smoke on the day of the procedure.

### **Jewellery, make-up and other items**

- You may **not** wear jewellery, glasses, contact lenses or dentures during the examination.
- Do not bring valuables to the hospital.
- You may leave your hearing aid in for as long as possible.
- Do **not** wear make-up on the day of the examination or treatment. The doctor and nurse need to be able to tell how you are doing by the colour of your face.
- If other rules apply to you, your specialist or anaesthetist will have discussed them with you.

### **Going home after the examination**

Because of the sedation, you will still be a bit sleepy and drowsy. As such, you are **not** allowed to participate in traffic (driving, cycling, etc.) for the rest of the day. You may also not take a taxi or bus home alone. Please arrange for someone to pick you up when you can go home.

## **The examination or treatment**

You will be lying on a bed during the procedure.

### **IV line**

Before the examination, the nurse or sedationist will insert an IV needle into a vein in your arm or hand. This will be used to administer the sedative and pain relief. If necessary, other medication can also be given to you through the IV line.

### **Monitoring**

You will be hooked up to a monitor during the procedure. ECG stickers (electrocardiogram electrodes) will be attached to your chest to monitor your heart rhythm. Your blood pressure will be measured, and you will have an oxygen meter on one of your fingers to monitor your blood oxygen saturation level.

A thin tube will be placed in your nose to administer oxygen and measure your breathing.

## The sedation

After you are connected to the monitor and the preparations are complete, you will be given the sedative. The sedationist will stay with you during the treatment or examination.

## After the procedure

When the doctor is finished with the procedure, the sedationist will stop administering the sedative, and you will quickly wake.

## Recovery room

After the examination, you will be taken to the recovery room, where you will be cared for and monitored by specialised nurses. When you are fully awake, you will be given something to eat and drink. If you are doing well, the IV line will be removed. You can call your contact to come and pick you up.

## Going home after the examination

You will still be a bit sleepy and drowsy from the sedation when you are allowed to go home. As such, you may not travel home alone.

## Recovery

Do **not** drive or operate machinery for 12 hours after the examination. You should also postpone making important decisions.

## Complications and side effects

Side effects or complications due to sedation are rare. Nausea may occur as a side effect of the medication or procedure. Tell the doctor or nurse if you feel nauseous.

## Other side effects

You may also experience other side effects from the procedure. Please see the leaflet about the procedure that your doctor or nurse has given you for more information on side effects.

## When to contact the hospital

If you feel unwell at home after the examination or treatment under sedation, or if you are still suffering from the side effects, please contact the doctor who conducted the procedure. For telephone numbers, see 'Questions and phone numbers'.

## Questions and phone numbers

It is important that you are accurately and clearly informed about the examination or treatment. If you have any questions after reading this leaflet, do not hesitate to ask your doctor or the sedationist.

- In the event of problems, please contact your specialist's outpatient clinic +31 23 224 ..., from Monday to Friday.
- For problems in the evening, at night or on weekends, call the emergency department: Haarlem Zuid +31 23 224 48 80 / Hoofddorp +31 23 224 68 80

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### Haarlem Noord

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### Hoofddorp

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