

What is Conscious Sedation?

Sedation involves the use of the medicines used for anaesthesia which will make you feel relaxed and sleepy, but you will not be unconscious. These medicines may be beneficial for you during your medical imaging examination or procedure if you find it uncomfortable being confined in spaces or if you have difficulty remaining still. This is sometimes referred to as conscious sedation. Most people recover from the effects of conscious sedation in about 20 to 30 minutes.



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?

At the time you book your appointment, please advise our staff that your referring doctor has requested for you to have conscious sedation.

You will not be allowed to leave alone or drive yourself home and we require that a responsible adult take you home following the examination/procedure. Please ensure that this is arranged for the day of your appointment.

Whilst the side effects are minimal, you may feel drowsy for the rest of the day so we advise that you do not return to work and that you are not left alone for the remainder of the day. A medical certificate can be provided, you can ask our staff to arrange this on the day of your examination/procedure.

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

To ensure that your stomach is empty during the conscious sedation.

- Do not eat or drink in the 6 hours prior to the procedure, this includes no eating lollies or drinking milk or milk products.
- 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 told what time to arrive at our Lumus Imaging centre, which is prior to your scheduled procedure to ensure that you can discuss with our doctor the benefits, risks, and recovery expectations of your procedure, as well as time for you to ask any questions you may have.

What happens during the procedure?

- Following the discussion with the doctor, if you agree to undergo the procedure, you will be asked to sign a consent form.
- 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. You will receive oxygen during the conscious sedation, this is administered via small tubes that rest at the entrance to your nose.

- The doctor will administer the medication and will make sure you are relaxed. You may even begin to fall asleep.
- 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, especially swimming and cycling
- Take extra care as a pedestrian

What happens after the procedure?

After your examination/procedure, you will be moved to an area where you can 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 that you have conscious sedation your referring doctor believes that this will help you to better tolerate the medical imaging examination/procedure, the benefits of which to you from having this examination/procedure exceed the risks involved.

Are there any risks?

Conscious 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 Lumus Imaging centre where you have made your appointment.