OKLAHOMA HEART HOSPITAL
PROUDLY PHYSICIAN OWNED

Procedural Sedation Anesthesia Education

Anesthesia is a treatment that uses medicines called anesthetics that make you sleepy and prevent you from feeling discomfort during a procedure or surgery. There are different types of anesthesia-general, local and procedural sedation. This education guide will discuss procedural or conscious sedation anesthesia. At Oklahoma Heart Hospital (OHH), the type of anesthesia you receive varies based on the type of procedure or surgery you are having, your overall health, and what you and your physician feel is best for you. You will not be able to drive yourself home when given anesthesia.

Procedural or Conscious Sedation Anesthesia

During some procedures, we need you to be comfortable, but awake so you can follow commands, such as taking a deep breath. Your doctor will give you intravenous (IV) medication that will make you more comfortable and relax you. You will continue to breathe on your own. Procedural sedation is a common technique for shorter procedures. Some longer cardiac electrophysiology studies will use procedural sedation anesthesia. For these cases the physician needs you to be awake, but sleepy and comfortable.

It is important that you follow your doctor's instructions on avoiding food or drink before your procedure. This is for your safety since anesthesia can relax the muscles in your digestive tract and airway. Depending on your procedure, an anesthesiologist or nurse will closely monitor your heart rate, blood pressure and breathing while you are under this type of anesthesia and as you return to full consciousness.

Side Effects of Procedural Sedation Anesthesia

Once the procedure is complete the effects of the medicine will wear off. You may be groggy or drowsy. You may not remember anything about the procedure even if you were interacting with the hospital staff. Common side effects with procedural sedation anesthesia are:

- Sleepiness
- Poor balance
- Nausea
- Headache
- Memory fog
- Impaired judgment for up to 24 hours

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