

Sedation

Analgesia-based sedation consists of medicine-based pain relief (analgesia) and the slowing down or depressing of consciousness (sedation).

Sedation is ideal for anxious patients. One advantage of sedation is that pain relief and a sleeping medicine can be administered at the same time. Sedation is also more gentle on the organism than a general anaesthetic. As the patient continues to breathe independently, the cardiovascular system is put under less pressure. It is, therefore, also an option for many patients with pre-existing conditions whose state of health is not stable enough for a general anaesthetic.

Risks and side effects of sedation

There are, however, still side effects associated with sedation. Most patients feel light-headed and tired for several hours after the procedure. This means that you will not be allowed to drive, so it is best if you arrange to be collected by a family member or friend and accompanied home.

Sedation is not suitable for every patient. Although sedation is more gentle than an anaesthetic, certain medical reasons may mean that it cannot be used (e.g. respiratory diseases, such as asthma, or severe obesity).

Frequently asked questions about sedation:

“Will I notice anything when I am sedated?”

The sedative effect starts immediately, and the duration and intensity can be continuously and precisely monitored and adapted to the course of treatment at any time. In this way patients have the security of knowing that they will not feel any pain at all even if they are not completely unconscious as is the case with a general anaesthetic. The sedative is dosed in such a way that the patient can be woken from the deep-sleep phase at any time and is immediately responsive. After the procedure, the waking-up phase is quicker than with a general anaesthetic and symptom-free, given that nausea and vomiting do not usually occur.

“When is sedation used?”

Sedation tends to be used for complex and longer-lasting treatments that put more strain on patients.

- Endoscopic investigations, e.g. colonoscopy (bowel investigation), gastroscopy (stomach investigation)
- Minor plastic operations
- Dental treatment (especially in anxious patients)

“Can I eat and drink before sedation?”

For safety reasons, the sedation process takes place in a fasted state (with an empty stomach).

This means that you must not eat anything or smoke for at least six hours before your sedation treatment. You may, however, drink clear liquids up to two hours before the sedative is administered.

“When can I go home again afterwards?”

Generally, there is a short memory lapse after the procedure, which means that patients cannot remember the procedure clearly. After a period of rest in our recovery room, you may go home with your escort. You should not drive or operate dangerous machinery for 24 hours after sedation.

You should also not make important business decisions on the day of the procedure.