

Patient Information Leaflet

Your Anaesthetic explained:
SEDATION FOR SURGERY

Produced By: Anaesthetics

Date: May 2014
Review due: May 2017



If you require this leaflet in another language, large print or another format, please contact the Quality Team, telephone 01983 534850, who will advise you.

Information about Sedation

Dear patient

For your operation, sedation is the most appropriate form of anaesthetic. Sedation is different from General Anaesthesia; we will explain the differences so you know what to expect.

General Anaesthesia includes complete loss of consciousness, so nothing is felt, heard and remembered. This requires a combination of potent anaesthetics with effects and risks that aren't always desirable or necessary in order to safely tolerate surgery.

Sedation is a state between a relaxed consciousness and being very sleepy (but not unconscious), combined with numbing the site of surgery. During sedation you are able to notice (see, hear, smell, feel) events going on around you but won't feel pain as the surgical site is numbed.

A *lighter* sedation will keep you a little more awake, a *deeper* sedation will cause you to be more sleepy but still rousable and conscious.

There are some advantages of sedation over a General Anaesthetic such as avoiding or minimising the side effects of anaesthetic drugs, and maintaining your body's reflexes and breathing for example, as well as a far quicker recovery after your operation.

Starving

For both General Anaesthetic and sedation we recommend starving for 6 hours before your operation. You may have clear drinks (no milky or cloudy ones) up to two hours before.

While in principle a *light* sedation can be considered two hours after food there would be potentially serious avoidable risks in case your operation needs to be more extensive than originally planned or if for any other reason such as complications your sedation needs to be converted to a General Anaesthetic.

If there are strong reasons to avoid long starvation (such as difficult to control Diabetes, say) we will consider a light sedation for you, with the option to continue eating light food/snacks until two hours before your operation starts. In this case, however, we may be unable to extend surgery flexibly as arising during the operation or move on to a General Anaesthetic should it become necessary.

There are some conditions when full six hour starvation is mandatory in any event, such as if you are very anxious prior to your operation, normal starvation for 6 hours is recommended.

- *Known hiatus hernia*
- *Ongoing stomach reflux/ heart burn*
- *History of nausea or vomiting after anaesthesia*
- *When taking drugs that make you drowsy or interact with the sedating anaesthetics*
- *If the operating time is expected to be longer than 30 minutes*

Your anaesthetist will discuss this with you before your operation.

Please tell us if you have a strong preference or strong reason for a short starving period please let us know at your pre---assessment or make this known to the ward nurses during admission, so we can plan accordingly.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: <http://www.nhs.uk/>

For Health advice and out of hours GP service please call the NHS 111 service on: 111

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on 534850.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on 03000 61 61 61 or at enquiries@cdc.org.uk

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.

Ref: **A/sed/01**