

## Moderate Sedation: General Information

Moderate sedation (formerly known as *conscious sedation* or *twilight sedation*) involves the use of short-acting, sedative medications to enable doctors to perform procedures effectively, while monitoring the patient closely for any potential adverse effects. The goal of moderate sedation is comfort rather than complete loss of consciousness. Small incremental doses of medication are given to reduce the discomfort, apprehension, and potential unpleasant memories associated with the procedure. It is common to hear conversations and communicate with the doctor/nurse during the procedure, though not all patients do.

Our gastroenterologists and highly-skilled nurses are specially trained and certified in safe sedation practices. Moderate sedation is considered safer when compared to general anesthesia. This form of sedation is the standard of care for general GI procedures throughout the country and is usually covered by your medical insurance. General anesthesia is requested if the patient has specific medical conditions which would warrant an anesthesiologist. Please don't hesitate to contact us if you have any questions.

### Possible side effects included but not limited to:

- Nausea & Vomiting
- Temporary Short Term Loss of Memory
- Lightheadedness
- Dizziness
- Slow Reflexes & Judgement
- Low blood pressure



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