

## **Explanation of Procedure and Sedation**

### **What is a Colonoscopy?**

A colonoscopy lets the doctor look inside your colon with a flexible scope. It allows the doctor to see inflamed tissue, growths, ulcers and bleeding. It can also find the causes of changes in bowel habits.

For the test, you will lie on your left side. The doctor will insert a long, flexible, lighted tube called a colonoscope into your rectum and slowly guide it through your colon. The doctor can carefully examine the lining of the colon. The scope bends, so the doctor can move it around the curves of your colon. The scope also blows air into your colon, which inflates the colon and helps the doctor see better.

If anything abnormal is seen in your colon, like a polyp or inflamed tissue, the doctor can remove all or part of it using instruments passed through the scope. The tissue (biopsy) is sent to the lab for testing. If there is bleeding in the colon, the doctor can use equipment through the scope to stop the bleeding.

Sedation is used to keep you comfortable during the procedure.

### **What is moderate sedation?**

Moderate sedation is a very safe and effective way to help a patient relax and be comfortable during the procedure. Moderate sedation is given by a nurse and the doctor during the procedure. It is our goal to keep you comfortable during your procedure with a quick, safe recovery.

### **What happens during moderate sedation?**

Once you are moved to the procedure room, the nurse will attach a heart monitor to you. An oxygen tube will be placed in your nose. Medicine to relax you will then be put into the IV that had been placed in the admitting area. These medications are designed to decrease your awareness and can affect your ability to recall the procedure. Our doctors and nurses are trained in moderate sedation. They will be with you the entire time, monitoring your heart rate, blood pressure, breathing, oxygen levels and alertness during the procedure, as well as afterward when you are in the recovery area.

### **How will I feel with moderate sedation?**

Patients feel sleepy, but are able to respond. The doctor and nurse can ask you questions to see how you feel. You will be able to feel sensations like pressure. The medication helps you relax; it does not put you to sleep. Our goal is to keep you comfortable.

### **What happens after your procedure?**

We will monitor you in the recovery area until your vital signs are stable (approximately 30 minutes). You may not remember anything that happened during the procedure. You might feel sleepy, tired, dizzy or lightheaded, or have a dry mouth. Rarely, some people can become nauseous, vomit or develop a headache.

**You must have a ride home. We will cancel your procedure if you are unable to arrange transportation. We will be confirming your ride home on your admission to the GI Lab.**