

# Propofol Sedation for Endoscopic Procedures

Endoscopy Unit

## Introduction

This leaflet has been designed to give you information about receiving deep sedation with propofol while having your endoscopic procedure. You will be given separate information about the procedure you are having and how you need to prepare.

## What is propofol sedation?

Propofol is a medication given through a drip (cannula) to provide deep sedation (a level of sedation where the patient is in a deep sleep). Propofol is administered by an anaesthetist, a qualified doctor who has had specialist training to care for you before, during and after any procedure that requires enhanced sedation. Propofol sedation is effective and safe; it is an alternative to general anaesthesia for endoscopy procedures.

## Consent

We must seek your consent for any procedure or treatment beforehand. The risks, benefits and alternatives where relevant will be explained by a healthcare professional before they ask for your consent. If you are unsure about any aspect of the procedure or treatment proposed please do not hesitate to ask for more information.

## What are the benefits of propofol sedation ?

- Propofol is quick acting and the dose can be adjusted so you get just the right amount of sedation
- Patients are unlikely to remember the treatment but at times may still have some vague recollection of certain events (which is completely normal with sedation procedures)
- Propofol avoids the need for a general anaesthetic which may be unsuitable for patients with certain medical problems. It also has fewer side effects than a general anaesthetic
- Recovery is quicker than after a general anaesthetic, so you can usually go home within an hour of your treatment if you feel well

## What are the risks of having propofol sedation?

- Your breathing rate may become slow. This is common with deep sedation but is a risk whenever sedation is used. The anaesthetist will be monitoring you at all times and will take the appropriate action if needed

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

- Occasionally your blood pressure may drop but again the anaesthetist will be monitoring this
- Any allergic reaction to the sedation is very rare
- After the procedure you may feel less steady on your feet and be at higher risk of falling, especially if you are elderly or have existing mobility problems
- There is a rare risk of stomach contents going into your lungs. It is important to follow the instructions regarding eating and drinking to minimise this risk
- Sedation can affect your judgement and memory for up to 24 hours

## What are the alternatives to propofol sedation?

Your doctor has recommended propofol sedation due to the specific endoscopic procedure that you require or based on your previous experience. The alternative is to have the procedure using conscious sedation. This is the routine type of sedation given for many endoscopic procedures and does not provide a deep level of sedative effect.

## Pre-assessment

You will receive an appointment to see one of our nursing team and/or the anaesthetic pre-operative assessment team. They will ask you questions about your general health and the medications you are currently taking. The team will also need to know how you will get home and who is going to look after you after the procedure. You must have a responsible adult with you for 24 hours after the procedure. The specialist nurse will also ask for your height and weight so please can you make sure you have this information readily available.

## What will happen before my procedure?

You will come into the Endoscopy Department where you will be seen by the anaesthetist before the procedure, to discuss any questions you may have. You will have a cannula (drip line) inserted in the back of your hand.

## On the day of the procedure

It is important that you follow the instructions given to you regarding eating and drinking and in some cases bowel preparation. You may drink sips of water up to 2 hours before your appointment time. This is to make sure that you keep hydrated before your procedure. **Please take all of your usual medications on the morning of your procedure unless the specialist nurse has advised you otherwise.** Bring all your medication, including inhalers, into hospital with you. Depending on the type of procedure planned, you may need to bring a bag large enough for your belongings if you need to change into a hospital gown.

## How is the sedation given?

We will attach our routine monitoring equipment and give you oxygen via tubes that fit into your nostrils. We will attach a fluid line to your drip, which the sedation is administered through and then ask you to lie down, usually on your side. We will then start the sedation medication. The medication may feel cold or sting slightly at first, but this will quickly go away. The anaesthetist will be with you at all times watching you closely to make sure you are at the right level of sedation. The procedure will not start until you are deeply sedated. At the end of the procedure, the sedation is stopped and you will wake up quickly.

## Recovery

You will return to the Endoscopy ward where you will be observed. If you have had the throat spray, you will not be able to eat or drink anything for an hour after the time the throat spray was given; this is to allow the numbness to wear off. Once you have had something to drink and you are stable, you will be able to go home.

## Going home

Someone will need to collect you and take you home.

You must also have someone stay with you at home for 24 hours. If you have not organised for someone to be with you after treatment, you may need to stay in hospital overnight or your treatment may need to be postponed.

Sedation may make you unsteady on your feet. Please be careful on stairs and have somebody with you if you feel unsteady.

Your ability to make decisions and judgements may be affected for up to 24 hrs after your treatment, so you should not make any important decisions during that time.

You should not return to work, drive, cook or operate any heavy machinery for 24 hours as it may take this long for the effects of sedation to wear off.

You should not take any alcohol or sleeping tablets for 24 hours after sedation.

## Frequently asked questions

### How long will I be drowsy for?

- Usually patients are awake soon after the procedure. You may feel a bit more tired than normal

### I have had sedation during endoscopy before and it did not work. Will propofol sedation work for me?

- You may have had a previous endoscopic procedure with sedation provided by the endoscopy team and not an anaesthetist. Although this sedation is appropriate for certain procedures, it is not tolerated by some patients or during longer or more complex procedures. Sedation provided with propofol is completely different. The sedation can be increased if required during the procedure, a much deeper level of sedation is possible and an anaesthetist is with you at all times to adjust the sedation to the correct level

If anything in this leaflet worries you or you have questions that we have not answered, please discuss with your anaesthetist or the specialist nurse during your preoperative assessment appointment.

**If you require any further information, please contact us on these numbers:**

Endoscopy Booking Office 01902 694052 Monday to Friday, 8:30am – 4:30pm

## Useful external agencies:

### **Guts UK The Charity for the Digestive System**

3 St Andrews Place

London

NW1 4LB

Tel: 020 7486 0341

Email: [info@gutscharity.org.uk](mailto:info@gutscharity.org.uk)

<https://gutscharity.org.uk/>

### **PALS (Patient Advisory & Liaison Services)**

Patient Information Centre

New Cross Hospital

Wolverhampton

WV10 0QP

Tel: 01902 695362

Email: [rwh-tr.pals@nhs.net](mailto:rwh-tr.pals@nhs.net)

Open: Monday to Friday, 9:00am – 5:00pm

## Further resources

Sedation explained by the Royal College of Anaesthetists:

Website: [12-SedationExplainedweb.pdf](#) ([rcoa.ac.uk](http://rcoa.ac.uk))

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。