

## Patient Information on Anesthesia Services

During your procedure, medications will be administered intravenously to make you comfortable and pain-free while you are under. You wake up from these medications rather quickly after the procedure. The anesthesia technique is also known as Monitored Anesthesia Care or **MAC**. You will meet your anesthesia doctor before your procedure and she and/or he will routinely inquire about pertinent issues in your medical history and examine your airway. MAC is commonly used for short surgical or diagnostic procedures such as what you will have in the Endoscopy Center. You will be asleep during your procedure; the anesthesiologist will be there the whole time giving you the sleep medicine while monitoring your vital signs continuously. **Most patients wake up saying they had the best sleep they've ever had.** On **rare** occasions, the anesthesiologist will cut back on the sedative and the most common reason for this is if your oxygen level drops to an unsafe level or if your other vital signs become unsatisfactory during the procedure, in which case you might be aware of some part of the procedure, but most patients do not remember this even if they might seem awake during the procedure.

**Anesthesia equipment and medicines that you may see during the procedure:** Upon being brought into the endoscopy suite, you will be hooked up to the routine monitors, including pulse oximeter clipped to your finger, blood pressure cuff on an arm and EKG or heart monitor. You will be given supplemental oxygen via a soft plastic prongs placed in your nose. Before being given medicines, you will see a lot of equipment in the room, including suction machines.

**Benefits, Risks and possible complications of MAC:** MAC obviously will benefit you in terms of comfort and safety. It also makes it easy for your GI doctor to perform the procedure with ease if you are motionless and asleep. Risks and possible complications may include awareness of the procedure, breathing problems, nausea/vomiting, allergic reactions to the medicines, vital sign deterioration death (**extremely rare**). Regurgitation of the stomach contents during the colonoscopy is quite common. The anesthesiologist might give you some medicine to prevent this from happening. Suction might be applied in your mouth or throat to prevent acidic stomach contents from going into your lungs. Another common occurrence during the procedure is slowing of the heart rate caused by a phenomenon known in medicine as a vagal reflex which is caused by air distention of the gut routinely performed by your GI doctor to improve visualization of the inside of your colon or stomach. You might be given some medicine intravenously to block this reflex and the side effect of this medication is dry mouth which you may experience during the rest of day after your procedure. Another common occurrence is airway obstruction during the procedure. The anesthesiologist might perform airway maneuvers to keep your airway open. You might experience mild soreness in the angle of your jaw upon waking up if the anesthesiologist found it necessary to do such airway maneuvers.

**Your Responsibility** Follow instructions on when you observe the fasting period (nothing by mouth except the prep medicines prescribed by your GI doctor). Make sure to remove jewelry and body piercings especially around the face, do not wear facial makeup, especially mascara or eye lashes, remove nail polish on at least one finger for each hand. Have a list of all medications you are currently taking, including drugs and food items you are allergic to especially soy and eggs. Lastly, **YOU MUST HAVE SOMEONE DRIVE YOU HOME AFTER YOUR PROCEDURE, IT IS A STATE LAW.**