

# TGH Cystoscopy Clinic Conscious Sedation



## Instructions for Patients

TGH

Your Cystoscopy Appointment

Doctor \_\_\_\_\_

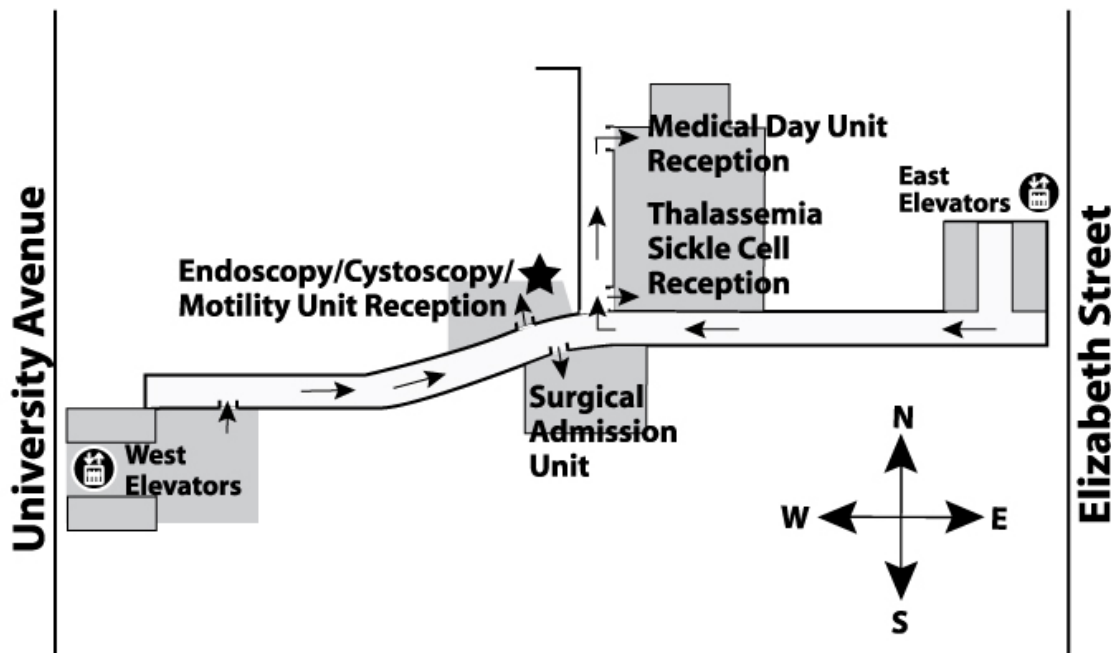
Date \_\_\_\_\_

Time \_\_\_\_\_

### How to find us:

The Cystoscopy department is located at the Toronto General Hospital, 2nd Floor Norman Urqhart Wing

The Cystoscopy department can be accessed through entrances 585 University Ave. entrance using the West Elevators to 2nd floor or 200 Elizabeth Street East elevators to 2nd floor. Follow signs to the Cystoscopy Department .



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## **What is Conscious Sedation?**

For some procedures the doctor may recommend that you have some medication to make the procedure more comfortable. This will mean that you will have an IV inserted and be given some sedative medication through the IV. You will be awake, and you will be able to respond purposefully, but you may feel a little drowsy.

## **Before Your Procedure:**

- Please ensure you have nothing to eat or drink for at least 6 hours before your procedure.
- Take your normal medications in the morning with a sip of water - because you have not eaten, do not take any medication that normally requires you to take it with food. If you are diabetic, please do not take your diabetes medication.
- When you come to hospital please bring a list of medications which you are presently taking.
- Please ensure that you have arranged for a responsible adult to accompany you home. You will be having medication that will make you drowsy and you will need an escort to take you home. Your procedure will not be able to go ahead unless this has been arranged.

## **On Arrival to the Hospital:**

- Please check in at the Cystoscopy reception desk 20 minutes earlier than your scheduled appointment time.
- Please bring your health card and hospital blue card.
- You will be asked to give a urine specimen and asked to change into a hospital gown.
- A health assessment and questionnaire will be done by the nurse.
- The nurse will insert an IV and once you are in the procedure room, a sedative medication will be given through this IV. You will be awake and responsive, but may feel a little light headed or drowsy.
- You will be given supplemental oxygen and your blood pressure, pulse and oxygen level will be monitored.
- After your procedure you will go to the recovery room, where you will be monitored until you are less drowsy.
- After recovery you will return to the Cystoscopy unit to change, arrange a follow-up appointment and final discharge will be done by the nurse.

## **Instructions for Patients Going Home**

**Do not drink alcohol or drive a car for 24 hours after your procedure.**

### **What happens after you leave the hospital?**

After you have had your procedure you will be allowed to go home. This does not mean that you are completely back to “normal”, although you may not notice this. The effects of the sedation you received will affect you for a while (hangover effects). You may experience some discomfort, dizziness or drowsiness. You may also feel nauseous, but vomiting is less common.

### **Why do you need an escort home?**

Because of the “hangover” effect after the procedure **it is not safe for you to drive, operate machinery or make important decisions for the next 24 hours.** If you do, you may have an accident and hurt yourself.

- Sometimes problems like excessive discomfort, nausea or bleeding may happen. (Please see the specific instructions for your type of procedure and the medical instructions for after your procedure for more information.)
- Your escort is there to help you and get in touch with the hospital or return to the hospital if necessary.

### **How much activity is safe?**

You may feel tired, drowsy and dizzy after your procedure, especially within the first 24 hours. It may take a few days until you feel back to normal.

- Rest today.
- Begin your normal daily activities tomorrow.
- Rest longer if you need to.

### **What you can eat and drink after your procedure?**

You may find that eating or drinking can make your nausea and worse after your procedure.

- Start with fluids.
- Build up to a full diet as you can tolerate it.
- Try to eat normal food as soon as possible.
- Drink plenty of fluids.
- Do not drink alcohol.

### **Medications:**

- After the procedure, you may feel some discomfort. You can take medicines to reduce any pain.
- Start taking the medication that you normally take when you get home, unless you were advised otherwise.
- Try to take your medication with your meals, unless the instructions on the package say otherwise.

### **For further instructions**

See the specific instructions for your procedure.

Please follow the instructions you were given at the hospital and in this pamphlet to help you have a fast, pleasant and safe recovery. Make sure all your questions were answered before you leave.

- Call your surgeon or go to the nearest hospital emergency department, if you have:
- Difficulty passing urine
- Persistent nausea and vomiting
- Bleeding that does not stop
- Pain that does not go away after you take the prescribed medication
- Fever of more than 38 degrees centigrade
- Redness, swelling or drainage of pus.

**For more information visit our website at  
[www.uhn.ca](http://www.uhn.ca)**