

Conscious Sedation

in the Toronto General Hospital Cystoscopy Clinic

Instructions for patients

Read this brochure to learn about:

- Where to go for your procedure
- How to prepare
- How to recovery safely when you leave the hospital
- Signs to watch for

My Cystoscopy appointment:

Doctor _____

Date _____

Time _____



How to find us

Cystoscopy Clinic

Toronto General Hospital

Norman Urquhart Wing – 2nd Floor

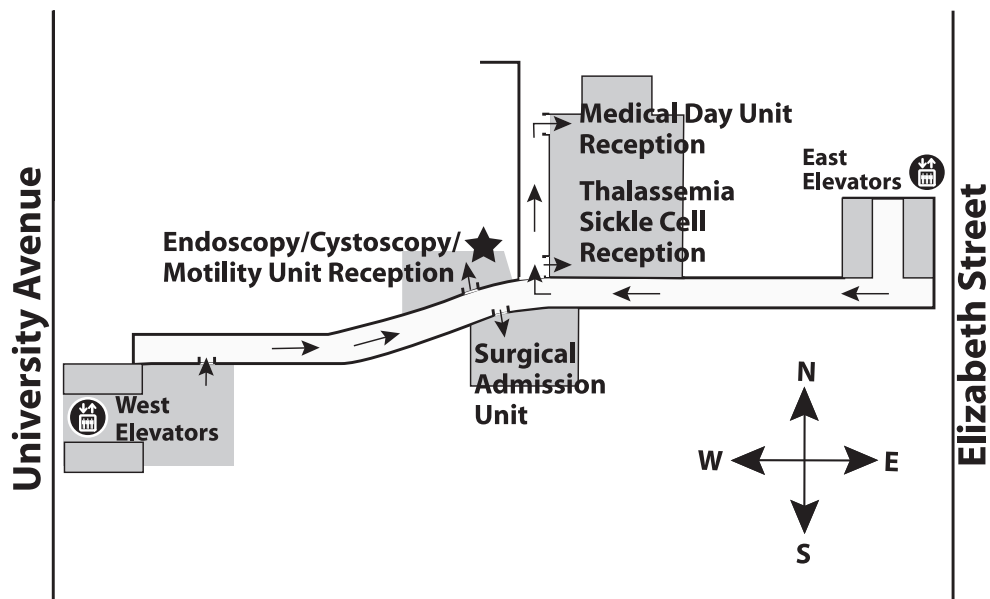
- Go to the 585 University Ave. entrance and take the West Elevators to 2nd floor

Or

- Go to the 200 Elizabeth Street entrance and take the East elevators to the 2nd floor.

Follow signs to the Cystoscopy Department.

North (Norman Urquhart) Building 2nd Floor Clinics



What is conscious sedation?

Your doctor may ask you to take sedation medicine so you feel more comfortable during a procedure. The nurse will put an intravenous line (IV) in your arm and give you medicine through the IV to make you more relaxed and comfortable. You will be awake and responsive, but you may feel a little drowsy.

Before my procedure:

- **Do NOT eat or drink for at least 8 hours before your procedure.**
- Take your normal medicines in the morning with a sip of water. Do not take any medicine that you normally need to take with food.
- If you have diabetes, do NOT take your diabetes medicine.
- Make sure that you have arranged for a responsible adult to take you home.
 - You will be taking medicine that makes you drowsy so you will need an adult to take you home. **Your procedure may be canceled if this is not arranged.**
- Bring a list of the medications you are taking.

When I arrive at the hospital:

- Check in at the Cystoscopy reception desk 20 minutes before your scheduled appointment time.
- Bring your health card (OHIP).
- You will be asked to give a urine sample and change into a hospital gown.
- The nurse will do a health assessment and questionnaire with you, and then insert an intravenous line (IV) into your arm. Once you are in the procedure room, the nurse will give you the sedative medicine through the IV.
- The nurse will give you oxygen and monitor your blood pressure, heart rate and oxygen level.
- After your procedure, you will go to the recovery room where you will be monitored until you are less drowsy.
- You will then return to the Cystoscopy Unit to change, arrange a follow-up appointment, and receive discharge information from the nurse.



Your recovery

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

What happens after I leave the hospital?

You can go home after your procedure. This does not mean that you will be completely “back to normal” because you will still feel the effects of the sedation medicine. You may feel:

- some discomfort
- dizziness
- drowsiness
- nausea (upset stomach)
- vomiting

Why do I need a responsible adult to take me home?

You will still be drowsy after your procedure, so it is not safe for you to drive, operate machinery or make important decisions for the next 24 hours.

Sometimes problems like excessive discomfort, nausea or bleeding may happen.

- Please ask your doctor about the specific instructions you should follow before and after your procedure.

The adult who takes care of you can help you contact your doctor or return to the hospital if needed.

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 activities the day after you return home from the procedure.
- Rest longer if you need to.

What can I eat and drink after my procedure?

Eating or drinking can make you feel nausea after your procedure.

- Start with drinking fluids such as water. Slowly you can return to eating your usual meals.
- Try to eat your usual meals as soon as possible.
- Drink plenty of fluids.
- Do not drink alcohol.

About my medications

After the procedure, you may feel some pain. You can take medicine to reduce any pain.

- If you feel pain, start taking pain medicine (like Tylenol or Advil) when you get home, unless your doctor have your different instructions.
- Try to take your medication with your meals, unless the instructions on the package say otherwise.

For more instructions

Ask your doctor about the specific instructions for your procedure.

Follow the instructions you were given at the hospital and in this pamphlet to help you have a 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:

- Trouble passing urine (pee)
- Nausea and vomiting that does not go away
- Bleeding that does not stop
- Pain that does not go away after you take the prescribed medication
- Fever of more than 38 degrees Celsius
- Redness, swelling or pus at the area where you had the procedure

For more information visit our website at www.uhn.ca or www.uhnpatienteducation.ca



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