



用於放射線檢查或放射線診療的鎮靜 預期步驟以及如何做準備

本手冊解釋中度鎮靜和輕度鎮靜，這兩種鎮靜均用於某些放射線診療和檢查。本手冊將說明預期步驟、如何做準備，以及採用鎮靜後應該怎樣做。

什麼是鎮靜？

鎮靜藥會使你產生睡意、幫助你放鬆，以及緩解你的不適。你會想睡覺，但是仍然能夠按照醫生的指示去做，例如在拍攝圖像時屏住你的呼吸等。

如果你需要中度鎮靜：

- 在進行診療或檢查之前及期間，護士將透過一條 IV（靜脈）導管給你注入鎮靜藥。
- 將給你注射超過一劑量的 2 種鎮靜藥。

如果你需要輕度鎮靜：

- 將只給你一劑量的鎮靜藥來幫你放鬆。
- 鎮靜藥也許是口服藥片，或者是透過靜脈注射。

採用鎮靜之前

進行診療前，我們將評估你的健康狀況，以確定哪種鎮靜最適合於你。對於某些病人，採用鎮靜是不安全的。如果你有以下情況，會建議你採用全身麻醉（使用可阻斷感覺並使你睡眠的藥物）：

- 過去接受基本診療時需要麻醉。
有 2 種基本診療，即內窺鏡檢查（用帶有攝影機的導管插入身體內部進行檢查）或某些放射線診療。



進行檢查或診療時，鎮靜可以幫助你放鬆。

- 患有睡眠窒息症或慢性呼吸道疾病（你在睡覺時可能要使用 CPAP 或 BiPAP 設備）
- 使用高劑量的處方止痛藥，例如鴉片類藥劑
- 患有嚴重的心臟、肺或腎臟疾病
- 過去曾對清醒鎮靜有過不良反應
- 已知你患有呼吸道或吞咽或張口受限等疾病
- 頸部有腫塊（例如囊腫或腫瘤）
- 患有看不見的胖大舌症或扁桃腺腫大
- 因為背部或呼吸問題不能仰躺 1 個小時
- 在醫療過程中躺著不動會很辛苦
- 體重超過 300 磅（136 公斤）
- 懷孕了並且已過了 16 周妊娠

為鎮靜做準備

在診療或檢查前 6 小時開始：

- 停止進食固體食物。
- 你可以喝小口的透明液體（可以看穿的液體），例如水、雪碧、蘋果汁或紅莓汁，直到進行鎮靜前 2 個小時。

在診療或檢查前 2 小時開始：

- 不能吃喝任何東西。

接受鎮靜當天

- 在檢查或診療當天，服用你平常吃的所有藥物。切勿漏服，除非你的醫生或護士叫你不要服。我們建議你在進行鎮靜當天不要服用維生素或補充劑。空腹服用這些藥物可能會引起胃部不適。
- 攜帶一份你服用的**所有**藥物的清單。
- 診療或檢查後，**必須**有一個成年人負責開車送你回家。你不能自己開車回家，或自己搭乘巴士、的士或穿梭巴士回家。
- 回家後，我們建議在當天剩下的時間裏必須有人陪著你。

接受鎮靜之前

- 一位醫務人員將為你做健康評估。你的家人或朋友可以和你在一起。
- 如果你是採用靜脈注射鎮靜藥，可能會開始為你插入靜脈(IV)導管。參看下面的“中度鎮靜”和“輕度鎮靜”章節。
- 一位放射師將向你說明鎮靜的風險和好處。請向其詢問你也許有的任何問題。回答完你的問題後，該醫生將會要求你簽署一份同意書。
- 醫療組將要求你確認你的姓名和出生日期，並會檢查你的鎮靜、診療或檢驗。這是為了你的安全。

中度鎮靜

你將採用靜脈注射鎮靜藥：

- 我們將在你的胸部上放置一些電線以監測你的心率。
- 你的手臂將套上一個血壓套，該套會不時充氣以檢查你的血壓。
- 在你的鼻子中將插入一條氧氣管（細小的插管）。
- 給你注射鎮靜藥的護士將在整個診療或檢查中和你在一起。
- 當鎮靜藥令你感到放鬆後，我們將開始對你進行診療或檢查。
- 如果需要，將安排一個翻譯員在手術室內，以便能夠和你談話。

輕度鎮靜

如果你採用輕度鎮靜：

- 醫生將要求你吞服一藥片，**或者**將為你靜脈注射一劑鎮靜藥。
- 你將要等 30 至 60 分鐘，直到鎮靜藥令你感到放鬆。
- 在進行診療或檢查之前、期間或之後，我們將會一直監測著你的血壓、心率和氧含量。
- 當鎮靜藥令你感到放鬆時，我們將開始對你進行診療或檢查。

進行鎮靜之後

如果你在：

- **檢查**中使用鎮靜藥：你將需要留在放射科裏接受監視約 1 小時，直到你完全清醒為止。
- **診療**中使用鎮靜藥：
 - 你將需要去 4-South 留 2 至 6 小時以待恢復。
 - 如果你的診療包含穿刺，我們將要確保你沒有出血的跡象。

在這段期間裏：

- 我們將告訴你在家裏進行自我護理的方法。
- 你可能不太記得你的診療或檢查過程。這是正常的。
- 完全清醒後，大多數病人都可以吃東西和喝飲料。
- 當出現以下情況，你便可以離開醫院：
 - 你已經清醒並恢復了警覺。
 - 你能夠上廁所和走路。
 - 負責接你回家的人來了。

在家必須遵守的注意事項

- 檢查或診療後 24 小時內，切勿：
 - 駕駛汽車
 - 簽署重要文件
 - 喝酒
 - 操作機器
 - 負責照顧另一個人

有任何問題嗎？

你的問題很重要。如果你有任何問題或疑慮，請致電你的醫生或保健服務提供者。

造影服務部：206-598-6200

Sedation for Your Radiology Exam or Procedure

What to expect and how to prepare

This handout explains moderate sedation and minimal sedation, which are used for some radiology procedures and exams. It explains what to expect, how to prepare, and what to do after sedation.

What is sedation?

Sedation medicine will make you sleepy, help you relax, and lessen your discomfort. You will feel drowsy but can still follow instructions, such as holding your breath while an image is taken.

If you have moderate sedation:

- Your nurse will give you the sedation medicine through an IV (*intravenous*) tube before and during your procedure or exam.
- You will receive more than one dose of 2 sedation medicines.

If you have minimal sedation:

- You will receive only one dose of sedation medicine to help you relax.
- The medicine will be either a tablet you will swallow, or you may receive it through an IV.

Before Your Sedation

Before your procedure, we will assess your health to determine the type of sedation that will be best for you. For some people, sedation is not safe. You will be advised to have *general anesthesia* (medicine that blocks feeling and makes you sleep) if you:

- Have needed anesthesia for basic procedures in the past. Examples of 2 basic procedures are an *endoscopy* (using a tube with a camera on it to look inside your body) or certain radiology procedures.



Sedation will help you relax during your exam or procedure.

- Have *sleep apnea* or chronic breathing problems (you might use a CPAP or BiPAP device while you are sleeping)
- Use high doses of prescription pain medicines, such as *opioids*
- Have severe heart, lung, or kidney disease
- Have had a bad reaction to conscious sedation in the past
- Know that you have problems with your airway or with swallowing, or you have a limited mouth opening
- Have a mass (such as a cyst or tumor) in your neck
- Have an enlarged tongue or tonsils that cannot be seen
- Cannot lie flat on your back for about 1 hour because of back or breathing problems
- Have a hard time lying still during medical procedures
- Weigh more than 300 pounds (136 kilograms)
- Are pregnant and past 16 weeks gestation

Preparing for Your Sedation

Starting **6 hours before** your procedure or exam:

- Stop eating solid foods.
- You may have **small sips** of clear liquids (liquid you can see through) such as water, Sprite, apple juice, or cranberry juice, until 2 hours before your sedation.

Starting **2 hours before** your procedure or exam:

- Do not eat or drink anything.

On the Day of Your Sedation

- Take all of your usual medicines on the day of your procedure. Do not skip them unless your doctor or nurse tells you to. We suggest not taking vitamins and supplements on the day you will have sedation. They may upset an empty stomach.
- Bring a list of **all** the medicines you take.
- You **must** have a responsible adult to drive you home after your procedure. You cannot drive yourself home or take a bus, taxi, or shuttle by yourself.
- After you get home, we recommend that someone stay with you the rest of the day.

Before You Receive Sedation

- A staff member will do a health assessment. Your family member or friend can be with you.
- You may have an *intravenous* (IV) line started if you will receive sedation medicine through a vein. See “Moderate Sedation” and “Minimal Sedation” below.
- A Radiologist will talk with you about the risks and benefits of the sedation. Please ask any questions you may have. This doctor will ask you to sign a consent form after your questions are answered.
- The medical team will ask you to confirm your name and birthday and will review your sedation and procedure or exam. This is for your safety.

Moderate Sedation

You will receive sedation medicines through an IV:

- Wires will be placed on your chest to help us monitor your heart rate.
- A cuff around your arm will inflate from time to time to check your blood pressure.
- You will have an oxygen *cannula* (thin tube) placed in your nose.
- The nurse who gives you the sedation medicine will be with you for your entire procedure or exam.
- When you feel relaxed from the sedation, we will start your procedure or exam.
- If needed, an interpreter will be in the room and will be able to talk with you.

Minimal Sedation

If you receive minimal sedation:

- You will be asked to swallow one tablet, OR you will receive one dose of the sedation medicine through an IV.
- You will wait 30 to 60 minutes until you are relaxed from the medicine.
- We will monitor your blood pressure, heart rate, and oxygen level before, during, and after your procedure or exam.
- When you feel relaxed from the sedation, we will start your procedure or exam.

After Your Sedation

If you have:

- **Exam** with sedation: You will stay in the Radiology department and be monitored for about 1 hour, until you are fully awake.
- **Procedure** with sedation:
 - You will go to 4-South to recover for 2 to 6 hours.
 - If you had a procedure that involved a puncture, we will make sure there are no signs of bleeding.

During this time:

- We will give you instructions for self-care at home.
- You may not remember much about your procedure or exam. This is normal.
- Most patients can eat and drink once they are fully awake.
- You will be allowed to leave when:
 - You are awake and alert.
 - You can use the restroom and walk.
 - **Your responsible person is there to take you home.**

Important Precautions at Home

- For 24 hours after your procedure, do **not**:
 - Drive
 - Sign important papers
 - Drink alcohol
 - Use machinery
 - Be responsible for the care of another person

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Imaging Services:
206-598-6200