

# Procedural Sedation and Analgesia (PSA) Patient Information

While in the Emergency Room (ER), you may have to get tests or procedures that can cause nervousness, fear or pain. For example, you may need a CT scan and be scared of small spaces or you could have a broken arm that needs to be repaired or a cut that needs stitches requiring procedural sedation and analgesia (PSA).

## What is Procedural Sedation and Analgesia (PSA)?

PSA means giving medicines that help you relax or go to sleep (sedative), block pain (analgesic) or not remember the procedure (amnesia). In some cases PSA is used together with medications that numb the area (local anesthetic). *\*Please don't eat or drink anything in the ER until after the procedure is finished.*

<b>Before the Procedure</b> It is important to tell your doctor or nurse: <ul style="list-style-type: none"><li>○ if you are or could be pregnant</li><li>○ about any new or old health conditions, diseases or surgeries (asthma, sleep apnea, sickle cell, etc.)</li><li>○ if you are taking any medications, herbs, supplements or vitamins- even "over-the-counter" drugs like Motrin</li><li>○ if you have allergies to medications or food</li><li>○ if you or a family member have ever had difficulty with anesthesia or surgery</li><li>○ when you last ate or drank</li><li>○ who will be responsible for getting your discharge instructions, driving you home, and taking care of you</li></ul>	<b>How long PSA takes to start and end depends on:</b> <ul style="list-style-type: none"><li>○ the type of test or procedure</li><li>○ how long it takes you to wake up and be your normal self<ul style="list-style-type: none"><li>○ It can take <b>30 minutes to a few hours</b> for you to wake up and be your normal self. This is because of the medicine that you were given. Everyone reacts to medications in different ways.</li></ul></li></ul>
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## What to expect during PSA?

You will be watched during the whole procedure and put on a monitor that measures oxygen and vital signs.

- heart monitoring pads will be placed on your chest and a blood pressure cuff will be wrapped around your arm
- a wrap or clip will be put on your fingertip to measure oxygen levels
- a small tube may be placed in your nose to see how well you are breathing
- an oxygen mask may be put on your face if needed

You will probably need an IV line put in your arm or hand to get medications. Medications are sometimes given in your mouth or nose or as a shot. After the medicines are given, you will probably feel sleepy and calm or like you are in a "dream" and may not remember much about the procedure after waking up.

## Risks and Side Effects

The use of PSA is usually very safe. Ask your doctor to review any possible side effects from your medications. The most common side effects after PSA are throwing-up and feeling "light-headed" or weak. Low blood pressure or oxygen may rarely happen during the procedure, which is why you are watched closely and cared for by a team of specially trained doctors and nurses.

<b>What To Know Before You Go Home</b> You cannot be discharged until you: <ul style="list-style-type: none"><li>○ have normal vital signs</li><li>○ return to your normal self</li><li>○ can walk without help</li><li>○ can drink fluids without vomiting</li><li>○ have a safe ride home from a friend or family member</li><li>○ have discharge instructions</li></ul>	<b>For the next 24 hours you should:</b> <ul style="list-style-type: none"><li>○ eat light, healthy small meals and drink plenty of fluids</li><li>○ avoid driving, drinking alcohol, operating machinery or making legal decisions</li><li>○ follow your ER instructions for recovery, wound care, and medications</li><li>○ schedule follow-up appointments</li></ul> You should be able to return to your regular activities after 24 hours <i>unless you have a fracture, concussion or severe injury</i> . Don't forget to ask for a school or work excuse if needed.
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