

Outpatient Anesthesia Overview

Welcome to our center! We are an outpatient (ambulatory) surgery center team of dedicated healthcare professionals. This pamphlet will introduce you to our anesthesia providers and help guide you through the anesthesia process. As your anesthesia team, our goals are to:



- ➔ **Listen carefully** to you and explain the anesthesia process
- ➔ **Prioritize your comfort and safety** during the procedure
- ➔ **Address any anxiety** you may have while at our center
- ➔ **Provide you with exceptionally high quality and dignified care**

We want to ensure that the anesthesia information is easy to understand

Your anesthesia will be provided by **medical doctors (physicians) and/or nurse anesthetists**, who specialize in anesthesia. We administer the same types of anesthesia used in the hospital setting but tailor it specifically to your outpatient GI procedure and health conditions. Your anesthesia could include one or more of the following types: general, “MAC” (Monitored Anesthetic Care) IV sedation and/or local anesthesia.



Your provider will explain the anesthesia options, risks, and side effects during the pre-procedure discussion. Ask as many questions as you like – we have answers!

A couple of general items to keep in mind about your visit:

- ➔ We will stay with you for the **entire** procedure, as your safety and comfort are paramount.
- ➔ Because procedures sometimes take longer than anticipated there may be an unavoidable time delay before your appointment. Our apologies in advance if this happens. We will do our best to **keep you informed** of any unanticipated delays.

We want to ensure that you can easily understand the anesthesia side effects

These **potential side effects** should be temporary and could include feeling:

- Sleepy, fatigued, or mildly dizzy
- Nausea and vomiting (see below)
- A dry mouth or sore throat

Rare symptoms that would be concerning and warrant a phone call to your doctor, 911 or a visit to the ER would include:

- Difficulty breathing
- Abnormal heart rate
- Fever
- Productive cough
- Chest pain

What to Expect After Anesthesia



We recommend that you take it easy, rest, and sleep until you feel better.



You should not drive or operate heavy machinery, make critical decisions, sign important paperwork or make significant purchases until the next day.



As you resume your diet, we recommend that you go slow and start with easy to digest foods (think toast and light soup) and avoid anything greasy or heavy.



Starting with a light diet and taking any medication with food will help prevent nausea and vomiting. Please call the center for help with any prolonged symptoms.

We want you to understand the anesthesia process, the side effects, and what to expect after your procedure. **We are here for you!**

If you have any **concerns** after your procedure, please **call the center**. We will put you in touch with the anesthesia team to answer your questions.