

Sedation FAQs

Undergoing an abortion procedure may be a stressful experience for some clients. The healthcare professionals at Cedar River Clinics are focused on providing you with every tool you'll need to feel at ease. We understand that stress can often lead to anxiety and that is why we offer sedation to our clients prior to receiving their abortion. Today, you may elect to receive sedation with your abortion procedure. The following are answers to our most frequently asked questions regarding sedation. Our goal is to make sure that you are as comfortable and safe as possible before, during, and after your abortion. If you still have unanswered questions regarding sedation, please don't hesitate to ask us for more information.

Q What are the risks of sedation?

A All surgical procedures and all anesthetics have risks and they are dependent upon many factors including the type of procedure and the medical condition of the client. Those risks include the possibility of *infection, bleeding, drug reaction, blood clots, loss of sensation, loss of limb function, paralysis, stroke, brain damage, heart attack or death*. Most clients receiving a termination today are of the healthier group, and in these circumstances; complications, while they can occur, are very rare.

Your anesthetist will assess you preoperatively and every precaution will be taken to minimize your risk. However, we will routinely see minor problems such as nausea and vomiting, dizziness, tiredness, muscle aches and pain, most of which are easily treated. You will have a chance to ask questions of the risks involved with sedation prior to giving your informed consent.

Q What type of sedation will I be receiving?

A Most commonly you will receive a series of medications known as Fentanyl, Versed, and Propofol - though other medications may also be used. These medications will be administered to you through an IV by an experienced Certified Registered Nurse Anesthetist (CRNA). You will have the opportunity to discuss available options of what you would like your experience to look like during your informed consent and after reviewing your medical history; your preferences will be discussed by the physician and CRNA so that the most appropriate and safe sedation plan is made.

Q May I drive home?

A A client receiving sedation for a procedure must have a ride home. Clients will not be allowed to drive, walk, or take the bus unaccompanied after sedation. We strongly recommend that all clients receiving sedation should not drive until the next day and be received by a

responsible adult when they arrive home. If you need assistance in making appropriate transportation arrangements, please feel free to ask.

Q Will I be asleep?

A The amount of sedation you receive by your CRNA and physician will determine your level of consciousness. Various factors will be taken into account, including your preferences as well as any co-existing medical conditions. You may fall asleep, or you may be awake and very relaxed. Most women that receive IV sedation tell us that they don't remember anything about the procedure. Even the most apprehensive of clients have been satisfied with the results.

Q Why must I refrain from eating and/or drinking prior to my abortion?

A You refrain from eating and/or drinking prior to your procedure in order to prevent the risks of aspirating gastric contents during your termination. This complication is very serious and you need to strictly abide by our recommendations. We have very clear policies as to specific times before your procedure when you must refrain from eating/drinking.

Q Will it hurt?

A Every client's pain tolerance is different. The sedation you will be receiving today will help control anxiety and pain. In most procedures, the administration of a local anesthetic in combination with sedation will give you optimal pain relief during the procedure. We know that regardless of the medications used, the key to pain reduction is relaxation. One of the most significant things that you can do to make yourself comfortable during the abortion procedure is to have a plan to help you relax; and you will have the opportunity to come up with that plan prior to your procedure. We assure you that Cedar River Clinics is dedicated to work with you on making your experience as comfortable as you want it to be.

Q How will my pain be managed after the procedure?

A The management of your pain is of great importance to us. We will be assessing your level of pain from the beginning of your abortion procedure until your discharge from the clinic. We will often use a combination of different modalities to help make you comfortable, choosing from oral medications both pre and post-operatively, intravenous medications, as well as the use of heating pads and uterine massage. Most clients that leave us feel cramping similar to menstrual cramps. You will receive a phone number prior to discharge where you can stay in contact with us for any post-operative concerns.