



Endoscopic Exam Using Sedation and Anesthesia: Patient Health Information

With the advancement of anesthesia technology and drugs, endoscopic exams no longer evoke anxiety or discomfort. The anesthesiology department at KFSYSCC provides sedation and anesthesia services by evaluating patients before receiving endoscopic services. Please read this information sheet carefully before agreeing to anesthesia for a painless endoscopy exam.

- **Precautions prior to the day of exam:**

1. Do not wear contact lenses, removable dentures, or any valuables
2. Remove nail polish, including gel nails and nail art
3. Do not personally drive to the exam. For your safety, an adult relative or friend should accompany you after receiving sedation/anesthesia
4. If you have asthma or regularly use bronchodilators, please bring your bronchodilator with you
5. Should you be taking GLP-1 receptor agonists (commonly referred to as “weight-loss injections” or medications for blood glucose and weight control), either in injectable or oral form, please withhold one dose prior to your health examination

- **Pre-anesthesia evaluation prior to the day of exam:**

There is a certain level of risk associated with undergoing anesthesia, and the level of risk varies depending on the physical condition of the person receiving anesthesia. For example, advanced age or poor overall health (e.g., chronic lung disease, diabetes, hypertension, heart disease, renal failure) can increase the risk of complications. Before administering anesthesia, the doctor will conduct a thorough assessment to determine whether it is suitable to proceed on the day of the exam.

If you have the following conditions, please let the physician know:

1. Failure to fast in accordance with pre-examination guidelines
2. For patients who are taking GLP-1 receptor agonists (either injectable or oral formulations, commonly referred to as “weight-loss injections”), please withhold one scheduled dose prior to your health examination
3. History of allergies to anesthesia medication
4. History of myocardial infarction or stroke within the last six months
5. Unstable angina or severe arrhythmia
6. Poorly controlled blood pressure or blood sugar levels
7. Chronic obstructive pulmonary disease (COPD) or acute exacerbation of COPD
8. Abnormal airway structure or asthma exacerbation



If the anesthesiologist determines that it is not suitable to proceed with anesthesia on the day of the assessment, alternative and safe pain management options will be provided to alleviate discomfort during the examination or medical procedure. However, you may still experience discomfort or pain that may affect the progress of the examination or medical procedure due to your inability to tolerate it.

- **Pay attention to the following after receiving anesthesia:**

1. Due to the effects of the medication, you may experience dizziness after the exam. You should not drive, ride a bike, nor operate or drive heavy machinery that day.
2. Breastfeeding women should wait 24 hours after the exam before continuing to breastfeed.

If you have any questions about anesthesia, please ask the anesthesiologist before the endoscopic exam.