

Dear patient,

the purpose of this informed consent is to provide you with information and help you to prepare for the patient-doctor discussion. Please read it carefully before the discussion. Please also present any patient IDs you have (e.g. Marcumar®, diabetes, pacemaker, anaesthesia card or allergy pass) to your doctor.

What is sedation, and why is it recommended?

Your doctor is recommending administration of shortacting anaesthetic agents (propofol sedation) or sedatives (benzodiazepines in selected cases) for the planned endoscopic examination. These agents will let you sleep during the procedure. In addition, the medication ensures that you will be able to remember only parts of the examination or not remember it at all (amnesia). While endoscopic procedures are also possible without sedation, they are less unpleasant for the patient and may be easier to perform for the doctor with it.

Sedation (procedure and risks)

Before anaesthetic agents or sedatives can be administered, an intravenous drip cannula is placed in a vein (in the arm or hand). The sedative or anaesthetic agent is then injected into this venous access and injected again during the examination as necessary or administered continuously. If necessary, pain medications, intravenous fluids or other required medications are also administered through the cannula. During sedation, your vital body functions, most importantly pulse, blood pressure and oxygen saturation are monitored continuously. Despite the greatest care taken, complications can arise which can even become lifethreatening under rare circumstances and necessitate additional treatment. Complications can include injury to blood vessels, damage to skin tissue and nerves or infections at the site of the intravenous cannula. In very rare cases, infections can lead to generalised blood poisoning (sepsis) and infection of organs and necessitate further treatment. Nausea and vomiting rarely occurs after administration of anaesthetic agents or sedatives. In very rare cases, stomach content can be aspirated into the lung, which can cause severe respiratory disorders including pneumonia and lung failure. Severe allergic reactions to anaesthetic agents/sedatives and even shock and other life-threatening complications such as seizures, respiratory, cardiocirculatory as well as organ failure are also rare. Breathing impairment and decrease in blood pressure is rarely observed during deep sedation. Severe disorders of breathing and cardiocirculatory function and even respiratory arrest and cardiac arrest can occur if deep sedation unintentionally turns into

general anaesthesia. The doctor monitors vital signs continuously during the sedation and can recognise and handle any problems immediately.

After sedation

After the examination, you are transferred to a recovery room where you rest until you are awake, oriented and your important bodily functions are normal and stable. Do not stand up independently (risk of falling!). Do not leave the recovery area without the agreement of the staff and do not leave the practice before being officially discharged by your doctor. For your own safety you are required to have someone pick you up and stay with you after sedation. Active involvement in road traffic, performing any dangerous activities, taking any sedatives, drinking any alcohol and making any important decisions is not allowed for 12 hours after sedation.

Patient's statement of consent

The recommended sedation, its nature and significance, risks and possible associated complications, possible alternatives as well as additional/subsequent treatments that may become necessary have been fully explained to me. I was given the opportunity to ask any questions that I considered important. A copy of this consent was handed to me after the patient-doctor discussion. I have no further questions and feel that the counselling was satisfactory. Therefore, after adequate time for consideration, I consent to the discussed sedation.

No Yes

ASA Classification: (to be completed by the doctor)

ASA1 ASA2 ASA3 ASA4

Wiesbaden, _____

Signature Patient
or Supervisor/Authorized Representative

Signature Doctor