

Monitored Anesthesia Care (MAC)

Anesthesia refers to the techniques, procedures, and medicines that help a person stay safe and comfortable during surgery. Monitored anesthesia care, or sedation, is one type of anesthesia. You may have sedation if you do not need to be asleep for your procedure. Procedures that use sedation may include:

- Surgery to remove cataracts from your eyes.
- A dental procedure.
- A biopsy. This is when a tissue sample is removed and looked at under a microscope.

You will be watched closely during your procedure. Your level of sedation or type of anesthesia may be changed to fit your needs.

Tell a health care provider about:

- Any allergies you have.
- All medicines you are taking, including vitamins, herbs, eye drops, creams, and over-the-counter medicines.
- Any problems you or family members have had with anesthesia.
- Any bleeding problems you have.
- Any surgeries you have had.
- Any medical conditions or illnesses you have. This includes sleep apnea, cough, fever, or the flu.
- Whether you are pregnant or may be pregnant.
- Whether you use cigarettes, alcohol, or drugs.
- Any use of steroids, whether by mouth or as a cream.

What are the risks?

Your health care provider will talk with you about risks. These may include:

- Getting too much medicine (oversedation).
- Nausea.
- Allergic reactions to medicines.
- Trouble breathing. If this happens, a breathing tube may be used to help you breathe. It will be removed when you are awake and breathing on your own.
- Heart trouble.
- Lung trouble.
- Confusion that gets better with time (emergence delirium).

What happens before the procedure?

When to stop eating and drinking

Follow instructions from your health care provider about what you may eat and drink. These may include:

- 8 hours before your procedure
 - Stop eating most foods. **Do not** eat meat, fried foods, or fatty foods.
 - Eat only light foods, such as toast or crackers.
 - All liquids are okay except energy drinks and alcohol.
- 6 hours before your procedure
 - Stop eating.

- Drink only clear liquids, such as water, clear fruit juice, black coffee, plain tea, and sports drinks.
- **Do not** drink energy drinks or alcohol.
- 2 hours before your procedure
 - Stop drinking all liquids.
 - You may be allowed to take medicines with small sips of water.

If you do not follow your health care provider's instructions, your procedure may be delayed or canceled.

Medicines

Ask your health care provider about:

- Changing or stopping your regular medicines. These include any diabetes medicines or blood thinners you take.
- Taking medicines such as aspirin and ibuprofen. These medicines can thin your blood. **Do not** take them unless your health care provider tells you to.
- Taking over-the-counter medicines, vitamins, herbs, and supplements.

Testing

- You may have an exam or testing.
- You may have a blood or urine sample taken.

General instructions

- **Do not** use any products that contain nicotine or tobacco for at least 4 weeks before the procedure. These products include cigarettes, chewing tobacco, and vaping devices, such as e-cigarettes. If you need help quitting, ask your health care provider.
- If you will be going home right after the procedure, plan to have a responsible adult:
 - Take you home from the hospital or clinic. You will not be allowed to drive.
 - Care for you for the time you are told.

What happens during the procedure?



- Your blood pressure, heart rate, breathing, level of pain, and blood oxygen level will be monitored.
- An IV will be inserted into one of your veins.
- You may be given:
 - A sedative. This helps you relax.
 - Anesthesia. This will:
 - Numb certain areas of your body.
 - Make you fall asleep for surgery.

- You will be given medicines as needed to keep you comfortable. The more medicine you are given, the deeper your level of sedation will be. Your level of sedation may be changed to fit your needs. There are three levels of sedation:
 - Mild sedation. At this level, you may feel awake and relaxed. You will be able to follow directions.
 - Moderate sedation. At this level, you will be sleepy. You may not remember the procedure.
 - Deep sedation. At this level, you will be asleep. You will not remember the procedure.
- How you get the medicines will depend on your age and the procedure. They may be given as:
 - A pill. This may be taken by mouth (orally) or inserted into the rectum.
 - An injection. This may be into a vein or muscle.
 - A spray through the nose.
- After your procedure is over, the medicine will be stopped.

The procedure may vary among health care providers and hospitals.

What happens after the procedure?

- Your blood pressure, heart rate, breathing rate, and blood oxygen level will be monitored until you leave the hospital or clinic.
- You may feel sleepy, clumsy, or nauseous.
- You may not remember what happened during or after the procedure.
- Sedation can affect you for several hours. **Do not** drive or use machinery until your health care provider says that it is safe.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.