
Patient information

Sedation



You have chosen light general sedation for your abortion procedure. Sedation involves lowering your level of consciousness with medication. This medication will relax your body, and you will not notice the treatment.

Medication

Sedation is administered with two types of medication: Propofol to lower your level of consciousness and Alfentanil to reduce pain.

Fasting prior to the procedure

Sedation can only take place if you have been fasting. This means your stomach must be completely empty. For your safety, it is important that you follow these instructions. You must not eat anything for three hours before your appointment and may only drink water.

If you have consumed anything other than water within three hours prior to these appointment, please inform the doctor.

On the ward

The nurse will insert an intravenous cannula. This is a thin plastic tube that we insert into a blood vessel in your arm or hand.

Medication will later be administered through this intravenous cannula.

The sedation

In the treatment room, you will receive the sedative medication through the intravenous cannula. Within a minute, you will become drowsy and less aware. Your level of consciousness will be low throughout the entire procedure and you will continue to breathe on your own.

During the treatment, you will be connected to a monitor. The nurse will continuously monitor your heart rate, blood pressure, breathing, and oxygen level while you sleep. If necessary, you will receive supplemental oxygen.

At least one experienced doctor and one nurse will always be present during the sedation.

After the treatment, you will wake up within a few minutes. You will return to the ward in your bed.

Going home

After the sedation, you may go home when:

- You are fully awake;
- Your heart rate and blood pressure are normal;
- You can drink and are not nauseous;
- You have urinated;
- You can walk normally again.

Important! Due to the sedative medication, you may not actively participate in traffic or operate machinery for 24 hours. You are not insured during this period. It's best to postpone important decisions for 24 hours.

Complications and aftereffects

Significant risks or problems due to sedation are rare. Due to the low dosage of the medication, the risk of nausea or vomiting is minimal.

It may take a while before you feel fully recovered after the abortion procedure. You may get tired more easily for a while.

Contact

The clinic can be reached by phone from Monday to Friday, from 8:30 AM to 4:45 PM, to schedule an appointment or for more information about treatment or costs.

Questions?

Call: +31 85 822 07 98

