

# What you need to know about Sedation

*Preparing for your procedure.*



## Your wellness is our priority.

St. Paul Radiology takes great pride by providing you with the best care and service experience in the East Metro area.

We want to ensure you a positive experience at one of our St. Paul Radiology locations by offering information on Sedation.

For some procedures, sedation ensures that necessary tests can be completed while providing a comfortable and pleasant experience. The patient is administered medications through an IV tube that allows the patient to be deeply relaxed yet still able to cooperate with the medical staff.

### What is Sedation?

Sedation is the use of anesthetics to cause loss of awareness allowing patients to complete scans safely and comfortably. CRNAs use a variety of intravenous agents, custom designed to each patient's need.

### Who needs sedation prior to an imaging exam (MRI, CT or PET scan)?

Infants and children often need sedation prior to imaging due to an inability to be still for more than a few moments, affecting the quality of the scan. Adult patients who are unable to tolerate diagnostic imaging due to uncomfortable feelings of confinement, pain or uncontrollable tremors have several options including oral valium, Open MRI or conscious sedation. Talk with your physician to see if one of these options are right for you.

### What is monitored during the sedation?

State-of-the-art equipment is used to monitor blood pressure, heart rate, oxygen saturation, respiration and exhaled carbon dioxide to ensure the patient's safety while under anesthesia.

### What information will I need to provide before my examination?

**IMPORTANT:** All patients are required to have a physical completed by their primary physician within 30 days of their imaging procedure.

A written copy of this physical is required at the time of sedation. A telephone interview will be conducted 1 to 3 days before your scheduled appointment to gather information on the health history, medications and allergies. The CRNA will also relay specific instructions pertaining to your upcoming scan. Please bring your insurance card with you to the imaging center.

### What should I wear to my examination?

Please wear comfortable clothing that does not have metal of any kind (snaps and zippers). A gown will be provided if necessary and lockers are available to store your personal belongings.

### How should I prepare for my exam?

During your phone interview, specific instructions will be given as to the **discontinuation of food & fluids at least 8 hours prior to your exam**. All patients are required to have a responsible adult drive them home as well as stay with them after the exam for a period of time. These are important safety measures taken for your well being.

### How long will my examination last?

It is important that you arrive 1 hour before your appointment. Exam times vary depending on the body part(s) your physician has ordered to be scanned. The sedation and imaging process can be surprisingly brief. A 1 hour MRI scan, for example, might require only 2 to 3 hours at our facility. Before leaving, every patient or family is given clear discharge instructions specific to the sedatives given and a contact number should question arise at home.

### How will I receive my exam results?

A Board Certified Radiologist (a physician who specializes in interpreting diagnostic images) will study the images from your exam and send a report to your primary physician.



The **Name** you trust.  
The **Value** you deserve.

**StPaulRadiology.com**



When we envision our patient experience, we begin with images like this in mind.

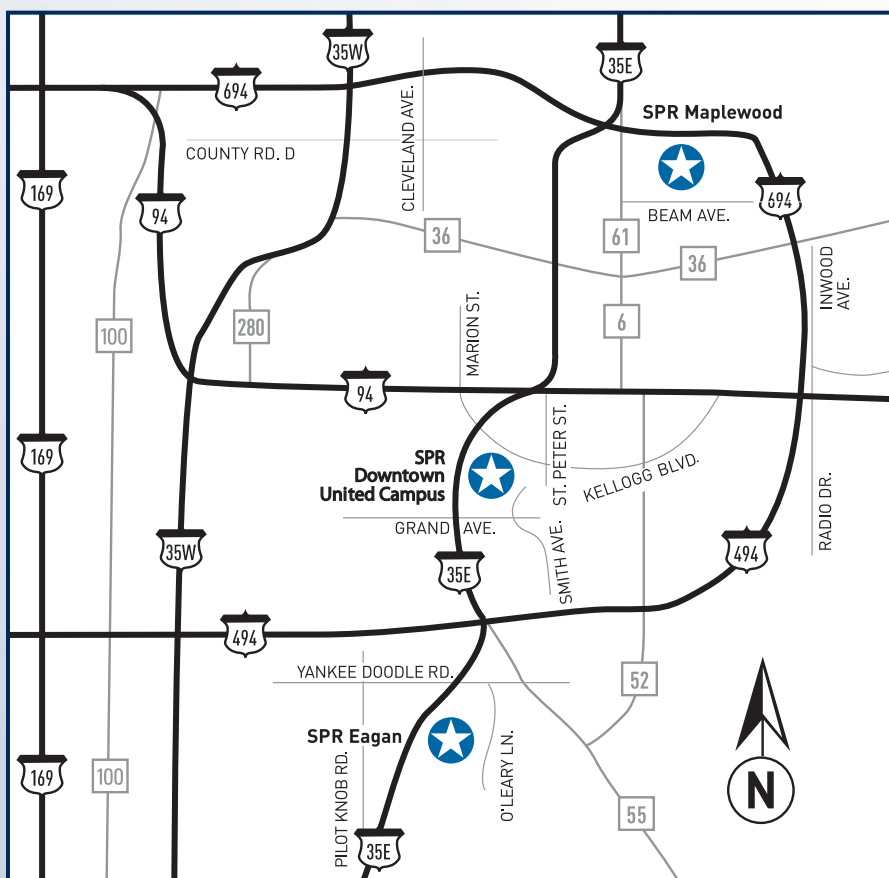
Over 98% patients surveyed said they were satisfied with their experience at St. Paul Radiology. We understand their concerns and make them a priority.

If you have additional questions, please contact the St. Paul Radiology scheduling department at

**651.632.5700.**



## Three East Metro area outpatient imaging centers for your convenience.



Map not to scale.

### DOWNTOWN CAMPUS

250 Thompson Street  
St. Paul, MN 55102

**651.297.6504**

7:00AM to 8:00PM, Mon-Fri  
8:00AM to 3:00PM, Saturday

*Hours vary by modality*

### EAGAN

1185 Town Centre Dr.  
Suite #125

Eagan, MN 55123

**651.456.1300**

7:00AM to 7:00PM, Mon & Weds  
7:00AM to 5:30PM, Tues & Thurs-Fri

*Hours vary by modality*

### MAPLEWOOD

1723A Beam Avenue  
Maplewood, MN 55109

**651.747.4500**

7:00AM to 8:00PM, Mon-Fri

*Hours vary by modality*

**StPaulRadiology.com**

## Appointment

Name: \_\_\_\_\_

Location: \_\_\_\_\_

At: \_\_\_\_\_ : \_\_\_\_\_ On: \_\_\_\_\_ (Day), \_\_\_\_/\_\_\_\_/\_\_\_\_ (Date)



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