

About the Use of Sedatives During Your Examination

Using a sedative can help you feel drowsy and relaxed during the examination, making the procedure more comfortable. (Please note: this does not cause complete sleep, and the effect of the medication varies from person to person.)

However, sedatives can place a significant burden on the body and may cause side effects such as:

- Slowed breathing
- Lowered blood pressure
- Dizziness or unsteadiness

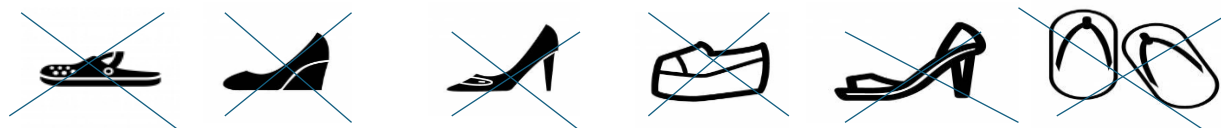
For your safety, **we may not be able to administer sedatives** in some cases. Please review the important considerations below.

After the examination, you will be monitored for 1–2 hours. You will only be allowed to go home once we confirm that you are fully alert and steady. As a result, your discharge time may be later than usual.

People Who Cannot Receive Sedatives

- Individuals aged 75 or older
- Those who have taken diabetes medication the morning of the exam
- Individuals with kidney disease, kidney failure, or undergoing dialysis
- Those with sleep apnea syndrome
- Pregnant or breastfeeding mothers
- People with unstable gait or difficulty walking
- Individuals with severe obesity (BMI $\geq$ 35)
- Those with acute angle-closure glaucoma
- People with severe arrhythmias or electrolyte imbalances
- Individuals with severe hypertension
- People with unstable circulation, heart failure, or unstable angina
- Those experiencing acute respiratory distress
- Individuals prone to aspiration
- Those with myasthenia gravis
- Individuals undergoing long-term antipsychotic treatment or with substance dependence (e.g., alcoholism)
- Individuals with some drug addictions
- Patients with unstable mental conditions who may not cooperate with the procedure
- Those with severe systemic disease resulting in compromised respiratory or circulatory function
- Individuals who have experienced adverse reactions to sedatives in the past (e.g., allergy, drop in blood pressure, decreased oxygen saturation)

- Those wearing footwear that increases risk of falling after sedation, including:
 - Mules, sandals, beach sandals
 - Shoes with thick soles or high heels (heels 3 cm or higher)
 - Backless or loosely strapped shoes (e.g., flip-flops or slippers)



Acceptable footwear: flat, closed-toe shoes that fully cover the foot, like sneakers.

Important Notes Regarding Sedative Use

- The effects of the sedative may linger for up to 24 hours after the procedure. Do not drive a car, motorcycle, or bicycle, and avoid alcohol consumption during this time.
- After returning home, you may continue to experience dizziness, drowsiness, or a heavy-headed feeling.
- Please use only a shower and avoid soaking in the bath on the day of your procedure.
- Avoid scheduling important meetings or work requiring critical decisions on the same day, as temporary memory issues (amnesia) may occur.
- If you require medical attention (including at our hospital) for any side effects from the procedure, such as inflammation at the injection site (pain or redness), this will be treated as a standard insurance-covered consultation and may incur out-of-pocket costs.
- Certain exams cannot be performed on the same day, such as memory tests or exercise ECGs.
 - For 2-day health checkups, the exercise ECG will be rescheduled to the second day, resulting in a later discharge time.
- Whenever possible, we recommend that you return home with an accompanying person.

Please note: an additional fee will be charged for sedation.

NTT Medical Center Tokyo
Endoscopy Center, Center for Preventive Medicine
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