

Title:
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Early work activities after sedation with propofol in digestive endoscopy

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Dear Editor,

The benefit of the sedation provided by propofol in digestive endoscopy, either by endoscopist or anesthetist, is now undeniable¹. One of these benefits is the shorter recovery time after the endoscopy performed. Assessment scales are currently available that allow more efficiently discharge from endoscopy units².

In this sense, the existing clinical practice guidelines in our country, as well as the technical data sheet, make it clear that it is not possible to drive or make crucial decisions after any type of sedation at least for 12 hours³. There have been doubts about the performance of other work activities, less physically and mentally demanding such as customer service or working from home for example, after performing the endoscopy.

During the month of January 2021 I have performed a total of 50 colonoscopies in our hospital, with the application of propofol for deep sedation in monotherapy at a dose of 1 mg / kg weight for induction until reaching a level 5-6 on the scale of Ramsay, with 2-4 mg bolus for maintenance. Three hours after the colonoscopy, we called these patients to specifically inquire about items 9 and 10 of the Leeds Sleep Evaluation Questionnaire⁴, focused on behavior following wakening. Every patient reported that were fully alert and with less disrupted balance and coordination than usual.

Finally, I do hardly believe that we are able to notify patients after endoscopy that they could do their work activity as long as it is essential, and it doesn't involve such a intense physical and mental activity.

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