

Drug-induced sleep endoscopy (DISE)

Drug-induced sleep endoscopy (DISE) is a diagnostic procedure that is used to evaluate the airway of patients who suffer from obstructive sleep apnea (OSA) or other sleep-related breathing disorders. During DISE, the patient is given a sedative to mimic the natural state of sleep. While the patient is sedated, a flexible endoscope is inserted through the nose to visualize the upper airway. This allows the doctor to identify the specific sites of obstruction and their behavior during sleep. DISE is usually performed when the cause of OSA is unclear or when standard treatments (such as CPAP) are ineffective. It helps to create a targeted treatment plan, such as surgical interventions or the use of specific oral devices.

Preoperative instructions for DISE

- Fasting:
 - Do not eat or drink anything (including water) for 8 hours before the procedure.
 - If you have medications that you must take, do so with a small sip of water unless your doctor tells you otherwise.
- Medications:
 - Take all prescribed medications unless instructed otherwise.
 - If you take blood thinners or diabetes medications, consult with your doctor if you should take them before the procedure. You can generally continue with these medications.
 - Avoid alcohol, sedatives, or recreational drugs 24 hours before the procedure.
- Transportation:
 - Arrange for a responsible adult to drive you home after the procedure, as you will not be allowed to drive afterward due to the effects of sedation.
- Health status:
 - Notify your doctor if you have any symptoms of cold, flu, or respiratory infection.
 - Inform your doctor of any allergies, especially to sedatives or anesthetics.
- Clothing:
 - Wear comfortable and loose-fitting clothing.
 - Remove all body piercings before the procedure. Avoid jewelry or makeup.

Postoperative instructions for DISE

- Recovery:
 - You will be monitored in a recovery area until the effects of sedation wear off. This may last for about 1-2 hours.
 - You may feel sleepy or disoriented after the procedure, which is normal.

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- Diet:
 - Once fully awake, you can resume a normal diet unless your doctor tells you otherwise.
 - Start with light and easy-to-digest foods and avoid heavy meals for the rest of the day.
- Activity:
 - Rest for the remainder of the day. Do not drive, operate machinery, or make important decisions for at least 24 hours after sedation.
 - Avoid strenuous activities or exercises until the next day.
- Medications:
 - Resume your usual medications unless your doctor tells you otherwise.
 - If you feel discomfort or sore throat, you can take over-the-counter painkillers (e.g., acetaminophen or ibuprofen) as directed.
- Follow-up:
 - You have a follow-up appointment scheduled with your doctor to discuss the results of DISE and the next steps in your treatment plan.
 - Call your doctor if you experience any worrisome symptoms such as difficulty breathing, chest pain, excessive bleeding, or persistent nausea/vomiting.

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