

# Kirklands GP Surgery

## Policy on sedation for procedures and scans

March 2026

Kirklands GP Surgery does not prescribe sedatives (such as diazepam) for dental or medical procedures including radiological scans.

This is because sedation is safest when it is prescribed and provided by the clinical team carrying out the procedure or scan.

If you are feeling anxious about an upcoming procedure, **please contact the team arranging the scan or treatment directly**. They are responsible for assessing whether sedation is appropriate and for providing it safely, with the correct monitoring and support.

You should not be directed back to your GP to request sedation for a hospital or dental procedure.

### Reasons why sedation must be managed by the procedure team

- **Safety:** GPs are not trained in sedation skills. Providing too little sedation won't help you, providing too much sedation can make you too sleepy, which could lead to the procedure being cancelled. Excessive or unmonitored sedation can lead to serious incidents, including respiratory arrest.
- **Unpredictable Effects of Diazepam:** Although medications such as diazepam commonly cause drowsiness, some people experience unexpected reactions such as agitation or behavioural changes.
- **Timing of Sedation:** Scans and procedures are often delayed. The team carrying out the procedure is best placed to give sedation at the correct time so that it works safely and effectively.
- **Sedated patients need to be closely monitored:** National guidance from the Royal College of Radiologists and the Academy of Medical Royal Colleges advises that sedation for procedures should be delivered by appropriately trained teams with access to monitoring equipment, resuscitation facilities and reversal medication.

For these reasons, we will decline requests to prescribe sedatives for hospital or dental procedures.

### Support for MRI scans

If you are concerned about having an MRI scan, preparation materials including step-by-step explanations and videos showing what to expect are freely available online (including here [Radiology - patient information - MRI scan - University Hospital Southampton](#)) or alternatively please contact the radiology department you are attending for advice and available support options.

Thank you for your understanding.

Resources

Safe sedation practice for healthcare procedures. An update. February 2021. Academy of Medical Royal Colleges.

[Safe sedation practice for healthcare procedures update 0521.pdf](#)

Sedation, analgesia and anaesthesia in radiology. Third edition, 2024. The Royal College of Radiologists.

[Sedation, analgesia and anaesthesia in radiology, third edition | The Royal College of Radiologists](#)