

## **Monitored Anesthesia Care (MAC)**

### **What is it?**

MAC anesthesia is accomplished by giving you medications which help you relax during a minor procedure. With MAC anesthesia you remain breathing on your own and do not have a breathing tube during the procedure. However, your CRNA will monitor you throughout the procedure as though you were having a general anesthesia.

### **What procedures is it used for?**

MAC anesthesia is used for uncomfortable procedures or minor surgeries that do not usually require general anesthesia. Examples of these are upper endoscopy and colonoscopy, procedures done under radiologic guidance, and minor surgeries for which the patient needs to lie still for more than a few minutes.

### **What are the benefits?**

The medicines used for MAC anesthesia work quickly and also wear off quickly. They allow for you to undergo the procedure in a safe manner. When the procedure is done, most patients are awake quickly afterward and do not get some of the side effects commonly associated with general anesthesia, such as nausea and feeling sleepy. The medicines you receive will likely lead to you not remembering the procedure.

---

Written by  
Jaime Ortiz, MD  
Daniel Tolpin, MD  
August 2010

2003-2012 Baylor College of Medicine  
Department of Anesthesiology