



Information for You from Your Health Care Team

BIS (Bispectral Index) Monitor

What is this monitor for?

This is a tool used by nurses and doctors to help check the level of sedation (how awake the patient is) by monitoring brain activity (EEG). The monitor will produce a number from 0 – 100.

Why do patients need sedation?

Sedation is usually used to decrease fear and anxiety because patients are undergoing tests or treatments, such as having a breathing tube and having a breathing machine (ventilator) assist with breathing.

Why do we need to assess the level of sedation?

If a patient is not getting enough sedation, they maybe very anxious and uncomfortable. On the other hand if a patient is getting too much sedation it could take longer than necessary to wake up, once sedation has been stopped.

Why can't the medical team just look at the patient and tell if they sedated enough?

The BIS monitor is often used on patients who are getting another medicine to relax or paralyze their muscles. This muscle relaxing medicine will make the patient look like he is sleeping which makes checking sedation levels harder.