

**PLEASE READ THE FOLLOWING INSTRUCTIONS**

**BEFORE YOUR IV SEDATION APPOINTMENT**

1. **NO FOOD OR DRINK FOR 8 HOURS PRIOR TO SURGERY\*\*** – Your stomach should be empty from food and liquid to help minimize the possibility of nausea and vomiting, which can lead to serious complications.

**NOTE:** *It is important that you take any regular medications (high blood pressure, antibiotic, etc.) or any pre-medication prescription we have provided, using only a small sip of water. Please bring with you the medications we have prescribed.*

**\*\*Patients with Diabetes – no food or drink 6 hours prior to sedation, bring your insulin.**

2. Loose fitting, dark colored, warm comfortable clothing should be worn, short sleeves are required.
3. Please make sure you have filled all prescriptions given PRIOR to your appointment.
4. Remove and leave ALL jewelry at home.
5. Please make sure to have proper post procedure foods and beverages at home (see list).
6. A responsible adult must drive you to the office, and assist you inside to check in. We will ask them to provide their contact information so we can inform them when you are ready to leave the office. This person should be prepared to assist you inside and stay with you until you are able to move around safely on your own.
7. You will be provided with a disposable adult undergarment, please wear this to your appointment.
8. **PLEASE DO NOT DO ANY OF THE FOLLOWING FOR 24 HOURS AFTER SEDATION:**
  - a. Drive a vehicle or operate any machinery.
  - b. Undertake any responsible business matters.
  - c. Drink any alcohol. If you are prescribed antibiotics and/or narcotic pain medications, do not consume any alcohol until your medications have been finished.
  - d. Take any medication without prior doctor approval.

\_\_\_\_\_ Patient initials - acknowledging receipt and understanding of instructions.