



SEDATION/INTRAVENOUS ANESTHESIA INSTRUCTIONS

Note: It is imperative that you have listed all of the medications you have taken in the last year on your health history form including dietary supplements AND street drugs. Street drugs in particular may interact with the medications we will be giving you and may cause serious illness and/or death. Admission of street drugs use will be kept confidential.

PLEASE FOLLOW THE FOLLOWING INSTRUCTIONS EXACTLY AS DESCRIBED.

FAILURE TO DO SO MAY REQUIRE US TO CANCEL YOUR APPOINTMENT AND A CANCELLATION FEE OF \$250-500.

1. Do not eat **ANY** food for **6 hours** prior to your procedure. **CLEAR** liquids such as water, apple juice, white grape juice may be sipped in moderation up to two hours prior to your procedure. For the last two hours up to your procedure, **EAT OR DRINK NOTHING.**
2. Wear comfortable loose clothing with a **SHORT SLEEVE SHIRT.**
3. Given prescription(s) **MUST** be filled at least **2** days prior to procedure. **CHANGES OR REPLACEMENT PRESCRIPTIONS CANNOT BE FILLED AFTER BUSINESS HOURS.**
4. Take your regular medications as well as any we prescribe for you with only a **SMALL SIP OF WATER.**
5. **ASTHMA/BRONCHITIS PATIENTS:** You must bring your inhaler with you if you have had to use it over the last year and a half.
6. **SMOKERS:** No smoking for 48 hours prior to your procedure will greatly reduce your risk of developing breathing problems while under anesthetics.
7. Please use the bathroom prior to departing for your appointment.
8. During your appointment, you **MUST** have an adult escort stay on the premises in case of emergency. They may not leave the office while you're being treated.

DURING YOUR PROCEDURE:

Your doctor and staff will monitor your condition very closely. If the anesthetic adversely affects your breathing, blood pressure, and/or heart rate or rhythm, your doctor will lighten the level of anesthetic (in which case you may hear voices, feel pressure, but **NO PAIN**). As you will also be getting a local anesthetic (Novocain-like) and will be numb in the area of the surgery, you still will not experience any pain if this occurs, but may be vaguely aware of pressure sensations and vibrations from instruments, or the voices of the doctor and staff.

AFTER YOUR PROCEDURE:

1. Medications given to you will temporarily impair your ability to perform normal activities and make sound decisions, and stay in your system for 24 hours. Do not drive, operate heavy machinery, drink any alcohol or make any important decisions for at least 24 hours after your anesthetic.
2. You must stay accompanied by a responsible adult for the remainder of the day.
3. Nursing mothers: Do not breast feed for 24 hours after anesthesia, unless your OB doctor instructs otherwise.
4. Stay awake for the first two hours after your discharge-**DO NOT** nap with the gauze sponges in your mouth as choking may occur.