

# Patients Undergoing IV (Conscious) Sedation

## 1. Food and drink

**Don't eat or drink anything for 8 hours prior to the time of your appointment.** Patients who have a morning procedure should have no food or liquid after midnight. Those with an afternoon appointment time should consume a light meal appropriately (consumed no later than six hours before treatment time). The exception to this is you may have one glass of clear fluid two hours before your procedure or if you are diabetic.

## 2. Medications

Before scheduling anesthesia, tell the doctor what medications you regularly take. You should take these medications on schedule with a small drink of juice or water unless you have been instructed differently.

## 3. Clothing and Make-Up

Sleeveless or short-sleeved shirts are preferable. Comfortable pants and flat-heeled shoes are also recommended. Please do not wear "one-piece" outfits, as we will need to monitor your vitals throughout the procedure. The temperature in the room will be cold, please bring a blanket with you to use during your procedure if you are easily chilled.

## 4. Changes in Health

Contact our office as soon as possible if there are any changes in your health, particularly a cold, flu, or fever. As a precautionary measure, your appointment may be rescheduled.

## 5. Arriving

You will need to arrange transportation to our office. We ask that you arrive for your appointment 15 minutes early so that we may complete the required consent forms and review the post op instructions prior to your sedation.

## 6. Getting Home

**You will not be able to drive yourself home, so be sure that you have arranged for a reliable adult to drive you to and from your appointment.** Allow 24 hours, at minimum, for the anesthesia to fade before driving, operating equipment, or making important decisions. Don't take a taxi or ride the bus. The reliable adult should remain with you until the next day. When you return home, you should rest and be watched closely. Too much activity may induce nausea, though resting on a bed or couch will reduce it.

## 8. Drinking and eating after the procedure

Drink plain water before anything else. Sweet liquids such as sports drinks or juice can be next. Do not consume alcohol for at least 24 hours. You can eat when you feel ready. It is important to choose soft foods and don't eat anything hot. Protein shakes are excellent.