

***YOU WILL NEED SOMEONE TO DRIVE YOU TO AND FROM THIS APPOINTMENT. THIS PERSON WILL STAY ON OUR PREMISES FOR THE DURATION OF THE APPOINTMENT. IT IS PREFERRED THAT YOU BRING SOMEONE YOU FEEL COMFORTABLE HELPING YOU WITH PERSONAL NEEDS SUCH AS USING THE RESTROOM FACILITY.**

Eating and Fluid Intake

- Do NOT eat or drink anything 8 hours prior to the appointment
- If absolutely necessary, a small amount of water can be sipped up until 3 hours before the appointment
- STOP take anything by mouth (other than medication) 3 hours prior to the appointment

The above protocol will ensure that you come to the appointment with an empty stomach. The medications that we use can, in rare instances, create nausea. Vomiting while being sedated can be dangerous if it obstructs your airway.

Sedative premedication and regular medication

-You may be given a prescription for a “sleeping pill” to take the night before your appointment. This will help you get good rest. Take the medication as directed. Typically, we prescribe one tab of Valium 10mg at bedtime. Take all other physician prescribed medication as normal unless informed to stop or modify dosage by your physician.

DO NOT TAKE ANY OTHER SLEEPING MEDICATION, SEDATIVES, OR ALCOHOL IN ADDITION TO WHAT HAS BEEN PRESCRIBED TO YOU

Clothing

-Wear loose clothing that does not restrict breathing and allows access to your upper arm for blood pressure monitoring. You may be unsteady on your feet during and after sedation. To reduce the possibility of fall and injury, YOU SHOULD WEAR FLAT SHOES. **If you wear contact lenses, you must take them out before your appointment.**

Nail Polish, Lipstick, and Shaving

-A pulse oximeter will be placed on your finger to monitor your pulse and oxygen continuously while you are sedated. It does not work well on nail polish or fake nails. Therefore, they will HAVE TO BE REMOVED prior to your appointment. Do not wear heavy make-up. For men, a clean shave is preferred.

At the appointment

1. Before treatment begins, you will be connected to a safety machine that will monitor your blood pressure, heart rate, oxygen saturation and breathing continuously throughout the procedure.
2. **BRING THE REMAINING SEDATION MEDICATION WITH YOU** and the Doctor will administer as needed.
3. This procedure is NOT general anesthesia:
 - *you will not lose consciousness
 - *you will be able to communicate with the Doctor and follow instructions
4. After treatment you will be discharged to a responsible adult who will drive you back home.

After the appointment

-The sedative agents used will affect your coordination, memory, and judgement.

For 24 hours, **DO NOT:**

- *DRIVE, COOK OR OPERATE MACHINERY
- *MAKE IMPORTANT DECISIONS OR SIGN PAPERWORK
- *TAKE SLEEPING AIDS, SEDATIVES, OR DRINK ANY ALCOHOL

If you have any questions or concerns, please don't hesitate to call our office: (918)266-6470