

## IV sedation preoperative instructions

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### What is IV sedation

- IV Sedation is moderate depression of consciousness by intravenous administration of a sedative drug (Midazolam), this eliminates anxiety & delays responses while the patient maintains his own breathing.

### Fasting

- Stop alcohol consumption 24 hours before appointment.
- Stop consuming narcotic medications 24 hours before appointment (ex. Codeine , Oxycodone , Morphine, Tylenol #3 or Percocet)
- Stop eating food or drinking unclear fluids\* for 8 hours before appointment.
- Stop drinking clear fluids -including water- for 2 hours before appointment.
- You can take your regular medications with minimal water sips even during fasting hours.

\* *Unclear fluids are any fluids that you can't see through, ex. Milk & orange juice.*

### Adult escort

- Patient must be escorted with an accompanying adult to the office who has to wait till the appointment is over & be responsible for taking the patient home & caring for the patient for the rest of the day.

### Clothing

- Wear loose comfortable clothes that allow full exposure of arms and neck.
- Avoid make-up, jewellery & nail polish.
- Avoid contact lenses.

### Other pre-operative instructions

- ✓ Trim your beard short especially around mouth & chin.
- ✓ Contact the clinic immediately if there are any changes to your health [ex. Cold or fever].
- ✓ If you have diabetes, please bring your glucometer with you.
- ✓ Make sure to visit the washroom before appointment.
- ✓ Take Ibuprofen (Advil) 600mg 1 hr before appointment if it involves surgery, if allergic to Aspirin, have stomach acidity or taking anti-clotting medications, take Acetaminophen (Tylenol) 1000mg instead.

### Post-operative instructions

- You must NOT be doing any of the following for 18 hours after sedation (or longer if drowsiness or dizziness persists):
  - No driving or operation of machinery
  - No handling of sharps
  - No alcohol or recreational drugs
  - No narcotic medications (ex. Codeine , Oxycodone , Morphine, Tylenol #3 or Percocet)
  - No legal actions or signing papers