



Pre-Op Instructions for Oral Sedation

1. Please arrive 1 hour before your appointment time.

Your sedation medication will be given to you at this time

2. DO NOT eat or drink for eight (8) hours prior to your appointment.

You may drink clear liquids (water, apple juice) up until three (3) hours prior to your appointment.

You may use a small amount of water to take your prescribed medications prior to your appointment.

3. You must be accompanied by a responsible adult who will drive you to the appointment and drive you home. You must **NOT** be left alone the first 6 hours after your sedation. If your escort is unable to remain during your treatment, we must have a telephone number to reach them. Patients under the age of 18 must be accompanied by a parent or guardian.

4. Continue to take your routine prescribed medications. In most circumstances your medication should be continued. Please do not alter your normal medication schedule unless your doctor has instructed you to do so.

5. Do not drink alcohol for 24 hours prior to your appointment or while taking any prescribed pain medication. **No smoking** the day of the appointment as nicotine interferes with sedation medications.

6. Do not eat high fatty foods for 24 hours prior to your appointment.

7. Do not wear tight fitting clothing. Please wear loose fitting clothing with short sleeves to allow access to your arm for blood pressure monitoring.

8. Do not wear fingernail polish.

9. Please note your treatment room will be kept at a cool temperature. We encourage you to bring a loose-fitting sweater/blanket with you to the appointment.

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