



### **Pre/postoperative Instructions for Conscious Sedation**

- A responsible adult, over 18 years of age **must** accompany the patient to the clinic and **remain here throughout the entire procedure**. Following the sedation, a responsible adult **must** escort the patient home, and a responsible adult should remain with the patient until fully awake.
- A parent or legal guardian **must** accompany minors (persons under 18 years of age).
- Unless specifically directed otherwise, patients **must** adhere to the following instructions:
  - No solid food for 6 hours before the start of the procedure
  - No opaque liquids for 6 hours before the start of the procedure (coffee, milk, orange juice, etc.)
  - Clear liquids allowed up until 2 hours before the start of the procedure (water, apple or cranberry juice)
  - No food or drink the last 2 hours before the start of the procedure
  - Take all medicines as normally scheduled unless specifically directed otherwise (if in the last 2 hours, use a tiny sip of water as necessary)
  - Make every effort to minimize smoking for 12 hours before the start of the procedure
  - At least one fingernail needs to be available (without dark polish or artificial nail) the day of the procedure
- For intravenous sedation, patients should wear clothing that is not restricting to the neck or arms. Patients should wear loose-fitting tops on which the sleeves can be rolled to the shoulder. A tee shirt is ideal.
- Following the sedation, patients should refrain from driving an automobile, drinking alcohol or engaging in any activity that requires alertness for the next 24 hours.

**FAILURE TO FOLLOW ANY OF THESE INSTRUCTIONS MAY RESULT  
IN CANCELLATION OF THE SEDATION APPOINTMENT**

*For any concerns or problems following sedation, please contact our office at: 512-846-2646*