



Pre-Operative Instructions for Treatment with Moderate Sedation

You MUST NOT eat any solid food for **six (6) hours** prior to your appointment.

You can have clear fluids (water, apple juice, or Gatorade ONLY), for up to **two (2) hours** before your appointment. Staying hydrated for up to two hours prior to your appointment will help with starting your IV.

Medication that you take on a daily basis should be taken at the normal time with a FEW SIPS of WATER. Consult with the doctor regarding insulin injections.

Wear comfortable clothing, including a short-sleeved shirt that does not tuck in. We must be able to access your arms and waistline for blood pressure and EKG monitoring. DO NOT wear brown or black fingernail polish or artificial nails as these interfere with the oxygen monitor that will be placed on your finger.

Remove contact lenses prior to sedation. Do not wear jewelry, rings, or watches to your appointment.

Please check in 15 minutes early. Your responsible adult driver MUST provide us with a phone number where they can be reached and must sign a release before they can leave the office.

You MUST NOT be left alone for the first six (6) hours after the sedation. Your ride will verify with their signature the responsibility for staying with you. Please inform them.

If you have any questions regarding these instructions, please call 775-322-5122.