

PATIENT INSTRUCTIONS BEFORE SEDATION PROCEDURES

EATING AND DRINKING

Nothing to eat 6 hours prior to your procedure and nothing to drink 4 hours prior to your procedure. Caffeine **MUST** be avoided the day of your procedure.

MEDICATIONS

Medications normally taken should be taken unless otherwise instructed by Dr. Moses. These medications should only be taken with a sip of water. Antibiotic pre-medications should **ALWAYS** be taken when prescribed and at least one (1) hour prior to your scheduled appointment time. Please inform our office of any changes in medication.

CLOTHING

Wear **short sleeve**, button-down loose shirts and comfortable pants. It is very important to remember that we will have monitoring equipment attached to both arms and short sleeve shirts are a must! Leave all jewelry and valuables at home. Flat shoes are also recommended.

TRANSPORTATION

A RESPONSIBLE ADULT MUST DRIVE YOU TO YOUR PROCEDURE AND PLAN TO STAY AND THEN DRIVE YOU HOME AT THE END OF THE PROCEDURE. We cannot release you without a driver/caretaker. You should have both primary and alternate ride information available. For your safety, public transportation (taxi, city bus, etc.) must **not** be used.

CHANGE IN HEALTH

A change in your health, especially the development of a cold or fever, is very important. For your safety, you may be reappointed for another day. Inform the doctor of any change in health prior to your appointment.

NOTE: The use of "street drugs" (Marijuana, cocaine, and Heroin, etc.) is strictly forbidden for several weeks prior to the administration of any sedation. The reason for this restriction is for your safety. The mixture of "street drugs" and anesthetic agents have been documented and reported to result in very serious complications including death. Alcoholic beverages should not be consumed for at least 48 hours prior to your procedure

Should you have any questions, please call our office at 970-476-3991.

PATIENT INSTRUCTIONS FOLLOWING SEDATION PROCEDURES

After returning home, **ALL PATIENTS SHOULD REST & BE CAREFULLY MONITORED FOR 12 HOURS.** Sedation drugs make the patient SEEM as though they are acting as normal. They may even insist that they are feeling normal.

DRIVING

Do not plan to drive a vehicle or operate potentially dangerous equipment for twenty-four (24) hours after your treatment. Do not make any important decisions or sign any important documents during this 24 hour period.

EATING/DRINKING

You should be able to eat and drink like normal with few, if any, restrictions. Eating is only dictated by the way you feel. Follow any instructions given by Dr. Moses. **NO ALCOHOLIC BEVERAGES FOR 24 HOURS AS THEY MAY SERIOUSLY AFFECT THE MEDICATION GIVEN TO YOU EARLIER TODAY.**

NAUSEA

Pain medication and/or antibiotics on an empty stomach are the main cause of nausea. It is best to take these types of medication with food to avoid the nausea. Call our office if vomiting persists for longer than four hours.

Be sure to follow any additional post-operative instructions we may have given you in addition to the instructions above. Should you experience any difficulties, extreme pain, or any other complications, please call our office immediately at 970-476-3991 or Dr. Moses at 610-308-1085 or Dr. Morgan at 970-485-2626.