



Instructions for Treatment with Moderate Sedation

You must have absolutely **no food for six hours** before your appointment. You can have clear fluids (water, black coffee, tea, [no milk or cream] apple juice, or Gatorade) for up to two hours before your appointment. Drink plenty of water the day before your appointment. Limit your caffeine and alcohol the day before your appointment.

Please check in 15 minutes early. Your escort must be with you when you check in and when you check out.

You must not be left alone the first six hours after sedation. Your ride will verify, with their signature, responsibility for staying with you. Please inform them.

Medication that you take on a daily basis should be taken at the normal time with a few sips of water. Diuretics and hypoglycemic agents are the only exceptions to this and they should NOT be taken the morning of your sedation appointment

Wear comfortable clothes including a short-sleeved shirt that does not tuck in. We must be able to access your arms and waistline for blood pressure and heart rate monitoring. Bring a sweater, jacket or a small blanket for warmth.

Remove contact lenses prior to sedation. Do not wear brown or black fingernail polish.

Do not wear jewelry, rings or watches and leave all your valuables (wallet, purse, etc.) at home or with your driver.

If your escort is unable to remain during treatment, we must have a telephone number to reach them.

If you have any questions regarding these instructions,
please call Tobi—480-814-8888