

IV SEDATION INSTRUCTIONS

BEFORE

1. **DO NOT EAT SOLID FOOD (including gum, candy) OR DRINK IN THE 8 HOURS PRECEDING THE SEDATION/ANAESTHETIC APPOINTMENT.**

Food in the stomach may result in vomiting and subsequent pneumonia during anaesthesia. This is unsafe and can be fatal.

You may drink 1-2 cups of water or clear apple juice up to 3 hours before the appointment. No other liquids are permitted.

A light meal is strongly recommended for the evening before the anaesthetic appointment.

2. Take your medication as usual with a sip of water unless otherwise directed.

3. If you are diabetic, please inform us ahead of time for specific instructions.

4. Wear short sleeves, loose fitting clothing and flat shoes.

For appointments longer than 2-3 hours, please bring a complete change of clothing.

5. Do not wear contact lenses; do not wear make-up, nail polish or hand/face creams/lotions.

6. Please advise of any recent change in your health such as fever, vomiting, diarrhea, cold, or flu in the days before your appointment.

7. Please confirm the person who will be taking you home that day. A taxi driver alone is NOT sufficient. If no arrangements are made, your appointment will be cancelled.

8. **Please call if you have any questions or concerns (647) 348-4867**

DURING

Before being sedated, various monitors such as a blood pressure cuff will be placed on your arm and a sensor will be placed on your finger. A small intravenous catheter is placed usually in the back of the hand to give you the sedative medications. Immediately following the procedure it is normal to feel slightly disoriented and dizzy. It usually takes 20-60 minutes to be alert enough to go home safely.

POST-SEDATION INSTRUCTIONS

AFTER

1. **A responsible adult must accompany you home in a car or taxi.**

2. Rest for the remainder of the day. **DO NOT WORK OR DRIVE OR MAKE IMPORTANT DECISIONS FOR 24 HOURS FOLLOWING ANAESTHESIA.**

Ideally a responsible adult should be with you until the next day.

3. Drink plenty of fluids (water, juice) after anaesthesia but begin with frequent and small quantities. **Do not drink alcoholic beverages for 24 hours after your visit.** If you are not experiencing any nausea or vomiting, you may eat solid foods as tolerated (please begin with light or easily digested foods).

4. The area where the IV catheter was placed may be bruised for a few days after your visit.

5. If there is local anaesthetic (“freezing”): be careful not to bite your lips, cheek or tongue.

6. Resume prescribed medications after the anaesthetic.

7. If there are any questions or concerns after the appointment, please do not hesitate to call.