

INTRAVENOUS SEDATION – INSTRUCTIONS FOR PATIENTS

These guidelines are essential for your continued comfort and safety.

You should;

- **Eat and drink as normal on the day of your sedation appointment up to 1 hour before your appointment**
Avoid any alcoholic drinks or heavy meals.
- **Continue to take any regular prescribed medication** unless advised not to.
- **Be accompanied by a responsible adult** who can wait here while you are treated and escort you home afterwards in **Private Transport (i.e. Car or Taxi) Not Bus or Train.**
- **Wear loose comfortable clothing** to enable us to monitor you during the procedure i.e. blood pressure. You should wear flat heeled shoes or trainers on the day of the appointment.
- Please **remove all jewellery**, your watch, heavy make up, nail varnish etc, if applicable, before leaving home.
- **Important: Please note that failure to follow these instructions may force us to cancel your appointment and fees will be incurred!**
- If you have any queries, please do not hesitate to ask any member of staff.

In addition:

For Patients who have had Sedation.

- Should not drive, operate machinery or sign important documents until the next day.
- Avoid using cookers, kettles, irons or other potentially dangerous appliances
- Patients should stay off work or school until the following day, and limit themselves to quiet restful activities; they should be accompanied by a responsible adult for the rest of the day.