

## **Pre-sedation Instructions**

### **Eating and drinking:**

Do not eat or drink at least 6-8 hours prior to the dental appointment. This helps to avoid vomiting and resulting complications during sedation.

### **Change in health:**

Notify us as soon as possible of any change in your health (for example, a cold) during the week prior to the dental visit.

### **Arriving:**

Arrange to be picked up and dropped off for your appointment, you will not be able to drive yourself home or drive for the rest of the day. Do not bring children to this appointment due to the length of this appointment and the limited capacity of our waiting room.

### **Activities:**

Do not plan further activities for the rest of the day. Allow to rest and plan to make the day quiet and relaxed.

### **Dress:**

Dress in light, comfortable clothing. We will need access to the big toe, calf, arm or shoulder for our monitor. No toenail polish, tights, footed sleepers or turtlenecks.

### **Medications:**

Take **routine** medications with only a **SIP** of water.

**Diabetics** take ½ your insulin the night before, **NO** insulin the morning of the procedure.