

Pre-Op and Post-Op Conscious Sedation Instructions

Patient: _____

Appointment Date: _____

Please arrive for appointment at: _____

Your comfort and care is our primary focus. It is our intent to have a relaxing and successful sedation appointment with you. To insure this procedure is comfortable and successful, the following instructions must be followed:

- No food or drink for 8 hours prior to your sedation appointment.
- Please swallow the sedation pill we have provided one hour before your appointment time, with *only as much water as necessary* to swallow it.
- Please wear a short sleeved shirt to allow for the monitoring your blood pressure during your appointment. We will be keeping you warm and comfortable with a blanket.
- No contact lenses during your sedation appointment.
- No driving or operating hazardous devices after your sedation appointment.
- You will require a responsible person *to bring you, take you home and remain with you for 12 hours* until you have recovered from the sedation. Guardian's name: _____
- No sedatives for 24 hours before and 12 hours after your sedation appointment (eg. alcohol, sleeping pill, etc.)
- No stimulants for 12 hours before and 12 hours after your sedation appointment (eg. caffeine, nicotine, etc.)
- No herbal medications or treatments for 72 hours before your sedation appointment unless previously discussed with Dr. Kesteven. These medications may counteract the effect of the sedation medication.
- No stairs without assistance or heavy lifting until completely recovered.
- No important decisions (no work) for 24 hours after your sedation appointment.
- Please remember to drink lots water for at least 12 hours after your sedation appointment.

If for any reason you are concerned about your condition, notify Dr. Kesteven immediately by calling the numbers below in the order listed.

Office 604-826-8087

Residence 604-826-0870

Mission Hospital 604-826-6261