



## **Pre Sedation Instructions**

### **Fasting**

- **Stop eating 6 hours prior** to your sedation appointment.  
You may drink a small amount (one cup only) of **water up to 2 hours prior** to surgery. **Do not drink anything 2 hours prior to the procedure.**

### **Transport and Escort**

- You must arrange a responsible adult to escort you home after your appointment. They must be available to look after you at home for the next 12 hours.
- **You cannot walk home or take public transport. You must arrange to travel home in a car,** or taxi as long as your escort is with you.

### **Clothing**

- Please wear warm, comfortable, loose fitting clothing.
- Remove any jewelry, makeup, finger nail polish and contact lenses prior to the appointment. Please bring a small blanket for your use.

### **Medications**

- All medications must be discussed with your sedationist prior to sedation. In most cases, **DO NOT stop any medication unless directed.** Take all normal medications with a **small sip of water** unless directed. Some medications may need to be altered; you will be advised if this is required.
- Any changes to your medical history must be advised prior to the procedure.

**Do Not** Smoke or use Recreational Drugs at least 48 hours prior to sedation

If you have a cold, flu or respiratory infection, it is essential you let us know as soon as possible.

## **Post-Sedation Instructions**

- You must be escorted in private transport (Car) by a responsible adult who can spend the next 12 hours with you at home.
- You must not drive or operate machinery for the next 24 hours.
- Do not sign any important documents or make any important decisions for at least 24 hours as your judgment may be impaired.

**In case of after hours emergency only, please contact our Registered Nurse on 0415464215 or present to your local Emergency Department.**