

## **Moderate Conscious Sedation**

### **What you should know BEFORE the sedation appointment:**

- No food (except water with meds) for 8 hours prior to the appointment (water or clear fluids can be taken up to 2 hours before the procedure)
- No sedatives for 24 hours before/after the appointment (other than prescriptions from Dr.)
- No stimulants for 12 hours before/after the appointment (this includes caffeine & alcohol)
- No grapefruit or grapefruit juice for 1 week before / after the appointment
- No chance of pregnancy
- No sensitivities to Benzodiazepines , Hydroxyzine , or Zaleplon
- Must have a responsible person to bring / take you home

### **What you should be informed of FOLLOWING your sedation appointment: (24 hours)**

- No driving
- No operating hazardous devices
- No heavy lifting
- No stairs
- No important decisions
- Drink lots of fluids
- A guardian should be supervising you at all times

### **Contact the office :**

- If you have a change in your medical status within 24 hours of your appointment
- If you have needed to use a rescue asthma inhaler within 48 hours of your appointment
- If you have any questions regarding your appointment