

## Pre-Sedation Instructions for Moderate Sedation (Oral or IV)

### Prior to your appointment:

1. ***Please have someone drive you to the office and stay with you the day of treatment.***
2. ***Your ride must be present and wait in the waiting room for the entire procedure.***
3. **No Eating, Drinking after MIDNIGHT the night before appointment.** Small sip of water with any routine medications or those prescribed by Dr. Record is ok.
4. If you are diabetic & take insulin, administer half dose and light breakfast day of before 6 a.m.
5. ***Wear short-sleeved, comfortable clothing the day of your procedure, but wear a jacket if cold natured.***
6. ***Brush your teeth prior to your appointment***
7. ***No makeup, no fingernail polish or acrylic nails, and no contact lenses to be worn.***
8. **If you were given a premed, follow instructions below:**
  - a. Diazepam\_\_\_\_\_ Take the night before: Y or N
  - b. Diazepam\_\_\_\_\_ Take one hour before: Y or N
  - c. Lorazepam\_\_\_\_\_ Take one hour before: Y or N
  - d. Clonidine\_\_\_\_\_ Take one hour before: Y or N
  - e. Alprazolam\_\_\_\_\_ Take one hour before: Y or N
  - f. Triazolam\_\_\_\_\_ Take 30 minutes before: Y or N
9. ***Please follow instructions and do not drive to appointment.***

### Some important notes for after sedation visit:

1. **DO NOT DRIVE for 24 h after visit—clear your schedule for 48 hours**
2. Detailed list of instructions for you to take home on the day of your treatment.
3. **You should have a responsible adult remain at home with you and monitor you for 24 hours.**
4. **Hydration is paramount the first 8-12 hours**

## **MUST DO'S**

- **DO NOT EAT OR DRINK PAST MIDNIGHT UNLESS ADVISED BY DR. RECORD & STAFF**
- **A RESPONSIBLE ADULT MUST ESCORT/DRIVE AND STAY AT THE OFFICE FOR THE ENTIRE VISIT**
- **DIABETICS: PLEASE EAT A LIGHT BREAKFAST BEFORE 6 A.M. AND TAKE 1/2 INSULIN**
- **DO TAKE ANY PRESCRIBED MEDICATIONS YOU CURRENTLY TAKE ON A REGULAR BASIS; DR. RECORD HAS ACCOUNTED FOR THESE IN HIS REGIMENT**