

# PRE-OPERATIVE INSTRUCTIONS FOR IV SEDATION

Name: \_\_\_\_\_

1. **Do not eat or drink anything for six (6) hours before your surgery**, except for a glass of water prior to coming to your appointment. This will help keep you hydrated and make starting the IV easier. Drink plenty of fluids the night before. This will also help keep you hydrated.

**If you have a morning appointment, do not eat breakfast.**

If you have an afternoon appointment, you may eat a **light** breakfast. **Avoid any beverages with caffeine. Do not eat lunch.**

2. Take all your normal medications unless we have told you to stop a certain medication.
3. An adult must drive you to your appointment and must stay in our reception area for the duration of the appointment. They must also drive you home after your appointment.
4. Wear loose clothing on the day of the surgery so that the monitoring wires can be placed.
5. Remove contact lenses.
6. If possible, avoid wearing acrylic nails, or nail polish as this inhibits the effectiveness of the pulsometer (a device that measures your pulse and the amount of oxygen in your blood through your finger). This is not mandatory but would be helpful!
7. When you arrive home plan to rest upright – either in a chair or propped up on several pillows.

\_\_\_\_\_  
Patient Signature (or Legal Guardian)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Doctor Signature

\_\_\_\_\_  
Witness

**If you have any questions, please call our office 874-1777.**