Appendix 8:

Pre-sedation instructions for patients/carers/guardians

If you are unable to comply with, or have any concerns regarding the instructions listed on this page, please contact your sedation practitioner, or our office, so that we can discuss how to best make adjustments for your particular requirements or circumstances.

- If you feel sick or unwell, please liaise with your doctor/dentist whether to postpone the treatment.
- Do not eat anything for at least 6 hours before the procedure/operation. Clear fluids (black tea/black coffee/apple juice) may be taken up to 2 hours before.
- Smoking and alcohol intake should be avoided for 24 hours before your appointment.
- The use of recreational drugs is not permitted for 48 hours prior to treatment.
- Please wear comfortable clothes with loose-fitting sleeves in order to be able to apply an electronic blood pressure cuff.
- Avoid wearing heavy make-up, nail varnish and jewellery.
- Wear flat shoes, as you may be slightly unsteady for a short while afterwards.
- Take any **chronic medication,** on the day of the procedure/operation, as ordered by your doctor/dentist. If taken, it must be taken at the usual times, along with a small amount of water, regardless of the restrictions on fluid intake noted above.
- Asthma sufferers should bring their inhalers.
- Diabetic patients should bring their blood glucose monitoring devices and take their blood glucose level the morning before the sedation. A low blood glucose level must be reported to the sedation practitioner.
- Patients with Obstructive Sleep Apnoea who use CPAP should bring their CPAP devices.
- Depending on the nature and duration of the surgery, contact lens wearers may have to remove their lenses. So, bring a contact lens container along, or wear spectacles if possible.
- Please arrive in good time for your appointment, at least 30 minutes beforehand. In some cases, your doctor/dentist may feel that you will benefit from premedication to reduce your anxiety and make you feel relaxed. In this case, you may have to come earlier in order to take the premedication.
- Please empty your bladder before the procedure/operation.
- You must have an adult escort to accompany you home. The escort may remain with you until the sedation is underway and the procedure/operation is about to start. The escort will then be requested to leave the procedure/operation room.
- If the sedation ends late in the day, it is advised that the escort remains with the patient until the following morning. Guidelines do not allow us to send you home on your own. If there is nobody to accompany you home we will unfortunately not be able to provide sedation.
- There must be arrangements in place for you and the responsible escort to travel home by private car or taxi rather than public transport.