



## **Pre-operative Instructions for IV or Oral Sedation**

### **For IV Sedation: Deep sedation/General Anesthesia**

- No foods for 8 hours before surgery - this includes broth, smoothies, shakes. This creates risk of aspiration during surgery.
- Clear liquids are safe in small amounts up to 2 hours before scheduled sedation (minimal sips of water, black coffee without milk or cream, nothing within 2 hours of surgery)
- You must have a driver available; someone that can be responsible for you and of assistance to you. No Uber or Taxis. We need them at the office before the procedure to help review instructions for care afterwards.
- No driving for 24 hours after sedation.
- Wear loose clothing as we need to have access to your arm (elbow area) for IV and your abdomen/chest for attachment of EKG monitors
- If you are taking medications, take with small sips of water before procedure unless directed otherwise. If you need to eat to take your medication, wait until after surgery to take them.

### **For Oral Sedations: Preop Pills or “cocktail”**

- No food for 4 hours before your scheduled time
- Clear liquids are safe in small amounts up to 2 hours before scheduled sedation.
- You must have a driver available; someone that can be responsible for you and of assistance to you. No Uber or Taxis. We need them at the office before the procedure to help review instructions for care afterwards.
- If you are taking medications, take with small sips of water before procedure unless directed otherwise. If you need to eat to take your medication, wait until after surgery to take them.