

INSTRUCTIONS FOR PATIENTS WHO RECEIVING INTRAVENOUS SEDATION OR ANAESTHESIA

APPOINTMENT FOR _____

DATE: _____ **TIME:** _____

BEFORE YOUR APPOINTMENT:

1. **DO NOT** eat any food after midnight the night before your appointment is
You may have clear fluids (**ONLY WATER OR APPLE JUICE**) up to 3 hours before your appointment.

**IT IS IMPORTANT THAT YOUR STOMACH IS EMPTY AT THE TIME OF YOUR
APPOINTMENT, OR YOUR APPOINTMENT WILL BE CANCELLED.**

2. The only exception to the above applies if you take medicines on a regular basis. Unless advised otherwise, take your usual medicines at the regularly scheduled times, with a sip of water.
3. Arrangements must be made to have a responsible adult arrive to take you home, by car or taxi (NOT by public transit).

WITHOUT A RESPONSIBLE ADULT YOUR APPOINTMENT WILL BE CANCELLED.

4. Do not wear any facial makeup, nail polish or jewelry. Wear comfortable loose-fitting clothing to the appointment. Do not wear contact lenses to your appointment.

FOLLOWING YOUR APPOINTMENT:

1. You will be drowsy for the remainder of the day and should be relaxing at home in the care of a responsible adult.
2. Replenish your energy by having something to eat or drink as soon as you can tolerate.
3. You must NOT drive a car or operate machinery for at least 18hours, longer if drowsiness or dizziness persists.
4. Do not drink any alcoholic beverages or use any reactional drugs for the next 18 hours.
5. Do not sign any important or legal documents for 24hours.

If there are an concerns or questions please call the office at 905-591-7999.

In case of an emergency, you should go to the nearest hospital.

PLEASE NOTE: 48 hour notice MUST be given to cancel an appointment or \$250 charge applies.

- Appointment **MUST** be confirmed 1 week prior to appointment date or
- appointment will be cancelled

Patient Signature: _____ **Date:** _____

(Parent/Guardian if under 18 years of age)