

## Pre Op Instructions – IV Sedation

1. **DO NOT EAT OR DRINK** for **8 hours** before appointment

If you eat or drink **any food or liquids** within **8 hours**, your appointment will be cancelled.

If you are required to take **prescription medications**, you may take these with a **very small sip** of water up to 2 hours before your appointment.

2. **DO NOT USE MARIJUANA** for a minimum of 24 hours before your appointment. Three or more days without marijuana is best.
3. **Bring a responsible adult to accompany you** – An 18+ adult must drive patient to and from surgery. If the patient is less than 18 years old, this adult must be the patient's legal guardian to provide consent for surgery.

**You cannot use Uber/Lyft** to get you home. If you plan on using a taxi service your appointment will be cancelled.

4. **Wear a short sleeve shirt** – Long sleeve shirts will interfere with surgery. An IV needs to be placed in one arm and an automatic blood pressure cuff will be placed on the other arm.
5. **Remove artificial fingernails** – We monitor oxygen through the fingernail. If you have thick artificial fingernails, please remove at least one.
6. **Pregnancy** – Please ensure you are not pregnant prior to surgery.
7. **Medications** – Necessary medications should be taken with a small sip of water.

**Take as normal:** Most medications you will take as normal, other than those listed below. Consult the doctor to know which you should take.

**Do not take:** Stimulants such as Adderall or Ritalin - These counteract sedation. Diabetic medications - these are not good to take while fasting.

8. **Gather Liquid foods, Ice Packs, and Tylenol** – Having these items ready to go at home will make your surgery day go much smoother.

Examples of soft foods to buy: yogurt, pudding, applesauce, Jell-O, smoothies, ice cream, nutritional shakes, protein shakes, juice, milk, Gatorade, pasta, eggs, oatmeal, mashed potatoes, cottage cheese.