

Pre-op Instructions for IV Sedation

HISTORY:

Any personal illness, weakness or unknown susceptibility must be reported; also details of any drugs recently prescribed or being taken – especially sleeping pills, tranquilizers or cortisone preparations.

PREPARATIONS:

- No food or drink should be taken for at least **SIX (6) hours** before the appointment. TO DO OTHERWISE MAY BE LIFE THREATENING. A small amount of liquid taken with the medications prior to the surgery is acceptable.
- The last meal should be light, easily digestible and contain no fats or fried foods. Stomach, bowels and bladder should be empty. Please use bathroom immediately prior to appointment to ensure empty bowels and bladder.
- **STAY VERY HYDRATED DAY PRIOR TO SURGERY!** This is very important as it helps us easily start the IV.
- **ABSOLUTELY NO ALCOHOLIC BEVERAGES SHOULD BE INGESTED 24 HOURS BEFORE APPOINTMENT.**
- If you take any medications please discuss them with Dr. Vikas Puri. Usually any regular medications are taken as normal with only a small sip of water on the morning of sedation (only exception to no food or drink 6 hours prior to procedure), whereas some medications will need to be altered or skipped depending on the medical condition and the procedure.
- Please remember to wear comfortable clothing with loose sleeved shirts to allow access to your arms for an IV line and for monitoring of your blood pressure & heart.
- Contact lens wearers should refrain from wearing contacts for that day. Please also refrain from wearing jewelry and **NAIL POLISH.**
- During WINTER months please wear very warm clothing so as to ensure patent veins.
- If you should develop a cold or the flu, sore throat or other type of infection please inform the office 24 hours prior to your appointment.

HOW IS THE IV ADMINISTERED?

A thin needle will be introduced into a vein in your arm or hand. The needle will be attached to an intravenous tube through which medication will be given to help you relax and feel comfortable.

Some patients may be asleep while others will slip in and out of sleep. Some patients with medical conditions and/or on specific drug regimens may only be lightly sedated and may not sleep at all.