

Oral Sedation Instructions

- This medication works better on a mostly empty stomach. Do not take medication with food or right after eating.
- Take the prescribed medication with a glass of water
- If your/the patient's appointment is in the morning, you/the patient may have a light breakfast, for example: toast, decaf coffee, or fruit. If your/the patient's appointment is later in the day, you/the patient may eat breakfast, but eat a very light lunch. Do not have anything high in protein or fat such as meat, eggs, cream cheese, etc...
- Avoid caffeine, sugar, and nicotine for a minimum of 3 hours before appointment as they are stimulants that can decrease the effects of the sedation meds.
- Avoid eating or drinking grapefruit products while taking this medication.
- Do not drink alcoholic beverages when taking or under the effects of this medication
- A responsible adult **MUST** accompany you/the patient to the office, remain in the office during the procedure, and drive you/the patient home.
- Someone **MUST** stay with you/the patient and monitor you/the patient for a minimum of 6 hours after your procedure. While these medications are safe, there are possible risk factors while the medication is in your/the patient's system.
- Because the effect of this medication continues for an indeterminate period after treatment and effects everyone differently, driving or operating heavy equipment is prohibited for a period of 12 hours after the administration of this medication.
- After your appointment, you will be groggy. Plan to rest and take it easy for the rest of the day, following the precautions listed above.
- So that you do not have to deal with money or payments while under the influence of sedation medication, **all payments for procedures must be paid in full before the day of the procedure**, unless arrangements have been made otherwise.

If you have any questions, please contact our office at 219-879-8563