

## **INSTRUCTIONS FOR PATIENTS WHO WILL BE RECEIVING ORAL CONCIIOUS SEDATION**

### **BEFORE YOUR APPOINTMENT**

1. **NO** solid food 8 hours before your scheduled appointment.
  - You may have clear fluids (water, apple juice) up to 4 hours before your appointment.
  - **It is very important that your stomach is empty at the time of your appointment or the appointment will be canceled.**
2. The only exceptions to the above instruction applies if you take medication on a regular basis. Unless advised otherwise, take your usual medicine at the regularly scheduled times with a sip of water.
3. Arrangements **MUST** be made to have a responsible adult pick you up from the office to take you home, either by car or taxi (NOT BY PUBLIC TRANSIT)
  - Please have your ride arrive with you and leave their name and contact numbers with the reception upon arrival.
4. Wear comfortable loose fitting clothing. No nail polish or contact lenses.
5. If you become ill at any time leading up to your appointment, please contact the clinic. Report any health changes such as new illness, fever, cold or flu. Bring an updated list of your medications you are currently taking.

### **AFTER YOUR APPOINTMENT**

1. You may 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 drink or eat following your appointment. You may need to modify your diet depending on your treatment.
3. You must not drive a car or operate machinery for at least 18 hours, longer if drowsiness or dizziness persists.
4. Do not drink alcoholic beverages for 24 hours.
5. Do not sign any legal or important documents for 24 hours.
6. Please contact the clinic if you are having difficulty breathing, nausea or vomiting that persists beyond 2 hours or a sensation of dizziness or drowsiness 6-8 hours after your appointment.

**PLEASE NOTE: 2 business days MUST be given if you need to cancel or reschedule an appointment. If sufficient notice is not given a fee will be applied to your account as well as treatment being delayed.**

If you have any questions or concerns, please contact the clinic on 416.778.8084 or [dralko@gmail.com](mailto:dralko@gmail.com).