



INSTRUCTIONS FOR ORAL ANXIOLYSIS / MINIMAL SEDATION

THE DAY BEFORE YOUR APPOINTMENT:

- Drink lots of clear fluids to avoid dehydration, but avoid alcohol.

THE DAY OF YOUR APPOINTMENT:

- You must be accompanied to and from your appointment by a responsible adult.
- **Please bring your prescribed sedation medication to the appointment for in-office administration.**
- You may experience nausea, drowsiness, and dizziness once you have taken the medication.
- Take all your regular prescribed medications as usual (unless instructed otherwise).
- Wear loose-fitting clothing to your appointment so we can easily attach the monitoring equipment.

FASTING REQUIREMENTS:

Minimum fasting period	Amount and type of food ingested
8 hours	Heavy Meal (i.e., meat, fried or fatty foods)
6 hours	Light meal (easily digested carbohydrate, low protein, low fat) (i.e., toast and a clear fluid, noodles in clear broth)
2 hours	Clear fluids (i.e., water, fruit juice without pulp, black coffee)

WHEN YOU ARRIVE:

- Use the public washrooms at the Holy Cross Hospital Center prior to entering the office.
- Instructions will be given to the responsible adult regarding approximate pick-up time. Please have them bring their cell phone and leave the number with the front desk.

POST-TREATMENT INSTRUCTIONS:

- You will be allowed to leave the clinic when you are stable, with a responsible adult to take you home. This may require one or two hours of in-office recovery time following the procedure.
- Instructions will be given to the responsible adult regarding post-treatment expectations.
- You will exit the clinic in a wheelchair and you will require assistance, from a responsible adult, to help you into the vehicle taking you home.

AFTER YOUR APPOINTMENT

- You should have a responsible adult help you at home until the effects of the medication have worn off. We cannot be responsible to help you once you have left the clinic.
- You cannot drive or operate any type of motor vehicle or machinery for **24 hours**.
- Do not plan any activities for the rest of the day. This includes returning to work or school, caring for children or another person, or consuming alcohol for **24 hours**. Allow yourself to rest.
- We recommend avoiding social media until the effects of the medication have worn off.

Please contact our office with any questions. We are available 8am - 4pm, Monday - Friday.