

## **IN OFFICE NON-IV SEDATION INSTRUCTIONS**

(THIS IS **NOT A FASTING** PROCEDURE SO PLEASE EAT AND DRINK FLUIDS)

### **BEFORE YOUR PROCEDURE:**

#### **YOU SHOULD:**

- **EAT A LIGHT MEAL 3 HOURS PRIOR TO YOUR PROCEDURE.**
- **DRINK FLUIDS UP UNTIL PROCEDURE**
- **SPRAY WITH AFRIN 1 HOUR PRIOR TO PROCEDURE AT HOME**
- **DO A NASAL RINSE/IRRIGATION AT HOME PRIOR TO YOUR PROCEDURE**
- **ARRANGE FOR TRANSPORTATION HOME FROM YOUR PROCEDURE. YOU WILL NOT BE PERMITTED TO LEAVE THE OFFICE UNACCOMPANIED AFTER RECEIVING CERTAIN MEDICATIONS**
- **ARRIVE AT THE OFFICE ABOUT 30 MINUTES BEFORE YOUR SCHEDULED PROCEDURE TO FILL OUT PREOPERATIVE PAPERWORK.**
- **BRING IN PRESCRIBED MEDICATIONS WITH YOU ON THE DAY OF YOUR PROCEDURE. PAIN MEDICATION/ANXIETY MEDICATION/NAUSEA (ZOFTRAN) MEDICATION (THIS WILL BE PRESCRIBED PRIOR TO PROCEDURE)**
- **START PRESCRIBED ANXIETY/PAIN MEDICATIONS AFTER SIGNING CONSENT FORM IN OFFICE.**
- **NOTIFY THE PROVIDER DURING YOUR PROCEDURE OF ANY RECENT CHANGES TO YOUR HEALTH. (EXAMPLES OF CHANGES WOULD BE: A COLD, COUGH, SORE THROAT, FEVER, VOMITING, DIARRHEA. ETC)**

**YOUR PROCEDURE WILL BE CANCELLED AND RESCHEDULED IF THE ABOVE INSTRUCTIONS ARE NOT FOLLOWED.**

**FOLLOWING YOUR PROCEDURE:**

- **MOVE ABOUT SLOWLY AND CAUTIOUSLY FOR AT LEAST 2 HOURS FOLLOWING YOUR PROCEDURE.**
- **TO AVOID UPSETTING YOUR STOMACH, IT IS RECOMMENDED THAT YOU TAKE WITH FOOD ANY ORAL PAIN MEDICATIONS THAT MAY BE ORDERED BY YOUR PROVIDER**
- **PLAN TO REST AT HOME FOR THE REMAINDER OF THE DAY, AVOID DRIVING A MOTOR VEHICLE, OPERATING MACHINERY, ETC. MAKE SURE YOU SLEEP ELEVATED TONIGHT IN CASE OF POSTNASAL DRAINAGE.**