

Sedation instructions for the St. Francis Pain Clinic

Activity: Continue your normal level of activity prior to your procedure. Attempt to get a good nights rest.

Diet: You will need to be without food and drink 6 hours before your sedation. An empty stomach prior to procedure greatly reduces your chances of nausea, vomiting and choking.

Smoking: It is strongly recommended that you not smoke. Smoking can reverse the effects of your procedure and cause symptoms to worsen.

Medications: You may take your normal morning medicines EXCEPT any medicines for diabetes. Please hold all diabetes medicines until you are eating and drinking again. You may take your needed medicines, including pain medicines, with a few sips of any clear fluid.

After your Sedation: Sedation can cause you to forget conversations and activities. Be sure to ask all questions prior to being sedated. Sedation can cause excess drowsiness after you leave our clinic. Please rest at home with your head elevated with pillows or in a recliner for 4-6 hours. You may return to a normal diet.

PLEASE REFRAIN for the next 24 hours, from driving your car, or any dangerous machinery, making any important decisions, like signing legal papers, etc., and don't drink alcohol for 24 hours.

IV Site: If your IV site becomes reddened, tender or swollen, please contact us or your family doctor promptly

Thank you for trusting us with your care.

