



**INSTRUCTIONS FOR PATIENTS WHO WILL BE RECEIVING
INTRAVENOUS SEDATION OR ANAESTHESIA**

APPOINTMENT DATE: _____ **TIME:** _____

BEFORE YOUR APPOINTMENT:

1. DO NOT eat any food after midnight the night before your appointment is scheduled. You may have clear fluids (such as water or apple juice) up to 3 hours before your appointment.

IT IS IMPORTANT THAT YOUR STOMACH IS EMPTY AT THE TIME OF YOUR APPOINTMENT, OR YOUR APPOINTMENT WILL BE CANCELLED.

2. The only exception to the above applies if you take medicines on a regular basis. Unless advised otherwise, take your usual medicines at the regularly scheduled times, with a sip of water.
3. Arrangements must be made to have a responsible adult arrive to take you home, by car or taxi (NOT by public transit).

WITHOUT A RESPONSIBLE ADULT YOUR APPOINTMENT WILL BE CANCELLED

4. Do not wear any facial makeup, nail polish or jewelry. Wear comfortable loose-fitting clothing to the appointment. Do not wear contact lenses to your appointment.

FOLLOWING 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 eat or drink as soon as possible.
3. You must NOT drive a car or operate machinery for at least 18hours, longer if drowsiness or dizziness persists.
4. Do not drink any alcoholic beverages for the rest of the day.
5. Do not sign any important or legal documents for 24hours.
6. If there are any concerns or questions, please call the office at 905-257-1234 or Dr. Vasudeva at 416-235-7030

In case of an emergency, you should go to the nearest hospital.

PLEASE NOTE: 48 hour notice MUST be given to cancel an appointment.