

**At your treatment appointment, you will be given Intravenous Sedation. This has been discussed and explained to you.**

**Please follow the following instructions:**

## THE DAY OF TREATMENT

**You must bring a responsible adult with you** who is able to escort **only you** to and from the appointment. They will be expected to remain in the waiting room until you are ready to leave and they must be able to stay at home with you for the remainder of the day after treatment. Please ensure that children are not brought to this appointment with you.

**Sedation will not be given if you arrive without an escort or with children.**

**You must** avoid having eaten a heavy meal prior to the appointment for sedation. A light meal (i.e tea and toast) is acceptable, together with small *non-alcoholic drinks*.

**You must** take only your routine medicines at the usual time and bring them with you (including inhalers).

**You must** wear flat heeled shoes and loose clothing that does not constrict breathing or the ability to roll up your sleeves.

**You must not** drink **any alcohol** for 24 hours before your appointment.

**You must not** wear make up, false nails or nail varnish. A monitor will be placed on your finger.

**You must** phone and check if you develop a cold or chest problems, or if there is a change in your health or medication, before your appointment.

## AFTER TREATMENT UNTIL THE FOLLOWING DAY

**You must** travel home with your escort by car or taxi if possible- not public transportation.

**You must** stay resting quietly at home with an escort present for the rest of the day

**You must not** drive or go out on the road.

**You must not** use equipment which may harm you (e.g. kettle, cookers, power tools, irons and knives).

**You must not** sign important legal or business documents for 24 hours after whilst under the influence of sedation.

**You must not** drink any alcohol for 24 hours after your sedation treatment.

**You must not** make yourself inaccessible to your escort (e.g. by locking by the bathroom door).