



CONSCIOUS ORAL SEDATION INSTRUCTIONS

****DO NOT TAKE THIS MEDICATION IF YOU MIGHT BE PREGNANT** Please notify our office to make other arrangements**

1. Fill your prescription soon after it is given to you and keep it in a safe place until the day of your procedure.
2. Arrange to have someone drive you to the office and also drive you home after your procedure.
3. For 12 hours prior to your procedure, please refrain from all Caffeine, Alcohol, Narcotic or recreational drugs for your safety. Also, please restrict your smoking. These chemicals in your blood will limit your level of sedation.
3. Wear comfortable clothing. Do not wear tight fitting clothes that may restrict your breathing. Do not wear contact lenses.
4. Do not eat or drink anything after midnight the night before your procedure. Do not eat anything for breakfast the day of your appointment. (No food or liquids of any kind)
5. On the day of your procedure, take your medication, with a small amount of water, one hour before your appointment time.
6. Although you are likely to feel perfectly normal, the medication you have received may affect your judgment and coordination for 24 hours following treatment. DO NOT DRIVE A CAR, OPERATE DANGEROUS EQUIPMENT, MAKE IMPORTANT BUSINESS DECISIONS OR SIGN ANY LEGAL DOCUMENTS DURING THIS TIME.
7. Written and oral post op instructions will be given to your driver.
8. If you have any questions, call for further instructions:
Dr. List's office: 919-682-5237, home 919-490-8542, cell 919-906-6408