



## **BEFORE YOUR ORAL SEDATION APPOINTMENT**

- 1) Do not eat solid food for a minimum of six (6) hours prior to the appointment. Clear fluids may be taken up to two (2) hours prior to the appointment.
  - a. Exceptions include if you have a medical reason to eat (eg: diabetic)
  - b. Do not take caffeine or sugar for three (3) hours before your appointment.
  - c. Do not eat grapefruit or drink grapefruit juice starting 3 days before taking oral sedative and wait until the day after your appointment to consume them again.
- 2) Do not smoke for a minimum of eight (8) hours prior to the appointment.
- 3) Do not drink alcohol within 24 hours before and after taking your oral sedative medication.
- 4) Do not use recreational drugs for 7 days before your dental appointment and until 7 days after.
- 5) Do not take oral sedative if you are, or think you might be pregnant.
- 6) Do not take oral sedative if you have acute narrow-angle glaucoma.
- 7) If you are a nursing mother, discard your milk for 1 day after take oral sedative medication.
- 8) Antacids (eg. Tums) reduce the effectiveness of oral sedatives if taken within 3 hours of taking oral sedatives.
- 9) Heartburn/ulcer medications will increase the potency of oral sedatives,
- 10) Arrange for a ride to and from your dental appointment. Your ride does not need to stay the entire appointment. They can come back at a designated time and leave a telephone number in case of an early or late appointment completion. We will ask your driver to sign that we are releasing you into their care and they will drive, not you.
- 11) Do not drive a motor vehicle after taking oral sedatives. Do not drive for the rest of the day after taking oral sedative medication.
- 12) Go to the restroom as soon as possible as you get to the dental office. It saves interrupting your appointment for a "groggy" trip to the washroom.