



Sleep Easy Anesthesia, LLC.
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Pre-operative Guidelines

It is our pleasure to offer IV sedation to our patients. Here are some guidelines we would like you to follow to ensure your appointment goes smoothly. Please follow the instructions detailed below before your scheduled procedure.

It's imperative that all instructions are followed or the procedure may be cancelled or rescheduled.

- 1) **NPO; Do NOT eat or drink anything except as detailed below prior to your procedure. You may eat/drink the following based on the time prior to your procedure.**
 - a. Normal Meal
 - i. **8 hours** prior to your procedure
(Example: Appointment @ 8 a.m.; must be NPO @ 12 a.m. midnight)
 - b. Light meal (toast and clear liquids without fried or fatty foods)
 - i. **6 hours** prior to your procedure
(Example: Appointment @ 8 a.m.; must be NPO @ 2 a.m.)
 - c. Non-Human Milk/Dairy (Cow's milk)
 - i. **6 hours** prior to your procedure
(Example: Appointment @ 8 a.m.; must be NPO @ 2 a.m.)
 - d. Clear Liquids (Water, clear broth, fruit juice with no pulp (no orange juice), Gatorade)
 - i. **2 hours** prior to your procedure
(Example: Appointment @ 8 a.m.; must be NPO @ 6 a.m.)
- 2) **Upper Respiratory Infection (Cough, cold, fever, or flu)**
 - a. If you happen to have a cough, cold, fever, or flu; we will reschedule your appointment.
 - b. Must NOT currently be on an antibiotic regimen
- 3) **Medications**
 - a. On the day of your procedure take your prescribed medications as usual except for the following;
 - i. Do NOT take any narcotics or sedatives
 - ii. Do NOT take any NSAIDS, ibuprofen, or aspirin
 - b. Stop taking the following medications PRIOR to your procedure;
 - i. Do NOT take any NSAIDS, ibuprofen, or aspirin for 5 days prior to procedure
 - ii. Do NOT take any herbal supplements for 14 days prior to procedure
- 4) **Patients MUST be accompanied by a parent or guardian to and from your appointment**
 - a. We will escort you via wheelchair to your driver's vehicle and help you inside your transport vehicle. The person taking you home to help you recover should be able to assist you into your home/couch/bed.
- 5) **Wear a short sleeve T-shirt, comfortable clothes, and shoes.**
- 6) **On average, for every hour you are under sedation, it will take 2 hours-time to feel like normal.**
 - a. Ex. If you are under sedation for 60 minutes, it will take you about 2 hours to feel like normal.
- 7) **Do NOT engage in any activity that requires coordination for 24 hours.**
 - a. Ex. No riding bicycle, swimming, trampolines, sports, etc.
- 8) **After IV sedation you may follow eating instructions provided by your Doctor & Anesthetist.**

Thank you for doing your part in meeting these guidelines. If you have any questions, please contact us. We look forward to taking exceptional care of you for your procedure!