

Pre-Operative Instructions for Conscious Sedation

1. No solids are to be taken for six hours prior to the appointment. Clear liquids (i.e. water, apple juice, Gatorade) may be consumed up to 2 hours prior.
2. The patient must have a ride home, in a vehicle where patient may recline or lie down.
3. Arrangement must be made to have supervision for the remainder of the day and possibly through the night, depending upon the patient and the procedure. Assume this the case unless otherwise. This individual must be capable of managing the patient to accompany to the restroom, help balance in the event he/she loses balance, can make sure the patient consumes appropriate nourishment, and can manage the pain medicine as instructed.
4. Have necessary items ahead of time (i.e. liquids with calories, food, etc.) so the supervising individual will not need to leave the patient unattended.
5. Wear appropriate, comfortable clothing with sleeves which can be rolled up. Nail polish should be removed from at least two fingers. Several monitoring devices will be utilized including a blood pressure cuff (generally on the upper arm), and finger sensor, will be placed.
6. If the patient takes medications (i.e. for blood pressure, heart problem, or diabetes), taken them as normal unless instructed otherwise. **Please bring all current medications so the doctor can confirm the doses and when these medications are taken.** Refrigerated medications (i.e. insulin, etc.) do not need to be brought in to the appointment, but a detailed list of medications is required.
7. If patient has any issues or conditions which may be complicated by the eating schedule (i.e. diabetes or hypoglycemia), please contact our office prior to the appointment. These guidelines may be altered as needed.
8. Our office will attempt to call by the evening prior to the procedure (provided that a good contact number is available). If you do not hear from us by 9:00 PM the evening before, or if you wish to talk to the doctor prior to the day, feel free to call the phone number listed below.
9. If the patient is seeing any medical specialists, has any medical issues or special concerns, please contact Dr. Nguyen ahead of time, as additional consultation may be necessary prior to treatment. If you have any additional concerns (such as allergy to medications, or history of nausea or vomiting after other procedures), please make us aware of it.
10. Pediatric patient (younger than 18 year of age) must have a well check-up **no more than two days prior**. Patient with certain medical conditions may be requested to have a check- up also. Please bring a note from the physician to the appointment for fax it in ahead of time.
11. Make sure our office have a good contact phone number of the patient and the supervising guardian for the day of the appointment in order to check on the patient. Be aware that patient often do not answer their cell phone on the day of the procedure.
12. If you have any questions, please call Dr. Hien Nguyen at (210) 683-2568.