



Pre-Op Sedation Instructions

If you have chosen IV Sedation (Intravenous Anesthesia) please observe the following instructions: Drink plenty of water on the day *before* surgery. This helps hydrate your vascular system and makes administering the IV the next day easier and more comfortable.

Consume no food (not even candy or gum) and no liquids (not even water) for at least 8 hours prior to surgery. (other than a tiny sip of water for your pre-op medication) You may brush your teeth and rinse but please do not swallow water 8 hours prior to surgery. Patients who pre-medicate with antibiotics will receive their pre-med via the IV at the time of the procedure and will NOT swallow pre-med antibiotic pills prior to surgery. Remember to take your pre-op Valium one at bedtime, and one 45 minutes prior to your scheduled procedure time with only a TINY sip of water. This is the only prescription you will need pre-operatively. All other prescriptions will be for after your appointment.

Wear loose clothing such as a short sleeve shirt or a shirt with sleeves that easily roll up. Remove all fingernail polish, gel, Shellac, or acrylic from at least one primary finger from left hand (such as index or middle finger). Please remove all jewelry, tongue or lip piercing rings and bars, and contact lenses prior to IV Sedation.

You MUST have someone drive you to your surgery and back home after discharge. This should be a parent, spouse, or other responsible person who must remain in the office or the immediate vicinity for your entire procedure until you are discharged.

We kindly ask that you do not bring small children with you on the day of your surgery.

If you are an asthmatic, you MUST please bring your inhaler with you for surgery.

If you usually carry an EpiPen please bring this with you on the day of your procedure.

Please call us with any questions regarding the surgery or anesthesia at **(303)-768-8222**.

If you have chosen Oral Sedation Only (no IV), please observe the following instructions:

You MUST have someone drive you to your surgery and back home after discharge. This should be a parent, spouse, or other responsible person who is required to remain on or near the Sky Ridge campus for your entire appointment until you are discharged.

Oral Sedation (Valium/Diazepam or Halcion/Triazolam) is most effective if taken on an empty stomach.

If possible, skip breakfast for a morning appointment, or skip lunch for an afternoon appointment.

Drinking liquids (water, clear juice etc.) is perfectly fine.

When you arrive at the Aspen building if you are feeling unstable from the oral sedation medication please call our office at: (303)-768-8222 and ask for wheel-chair assistance and one of our assistants will meet you at the front of the Aspen building where valet drops off to assist you up to our suite. If the call goes to our answering service, please have them call our "back line".

Reminder: All prescriptions will be called in two business days prior to your appointment.

Sky Ridge Medical Center Aspen Building does offer valet parking from 9:00am-4:00pm for \$4 per vehicle.