



## Pre Anaesthetic instructions - IV SEDATION (Twilight)

- **DO NOT** eat solid food for **6 hours** before, however, you may take clear fluids (**Water only**) up to **2 hours** before your IV sedation appointment (no tea, coffee).
- You must take your regular medication as normal with a sip of water before your appointment.
- Please wear comfortable clothing when you come to your appointment.
- Please remove any nail varnish before your treatment.
- You must arrange for a responsible adult, **whom you know (friend, family member)**, to pick you up from the clinic and accompany you home after your treatment (a taxi driver is **not** a chaperone). They must stay with you for 24 hours.

**Failure to do so will result in the procedure being cancelled and the cost of the procedure forfeited. This is in the interests of safety and best practice for our patients.**

## Post Anaesthetic Instructions

- Within the first 24 hours after your treatment **DO NOT**:
  - Drive any motor vehicle or operate any machinery
  - Make any important decisions or sign any legal documents.
  - Take alcohol or sleeping tablets
- Do not plan to go to work the same day.
- Please take your regular medications as usual.
- For pain relief you may take the prescribed medication, or your preferred pain killer. If any doubt, contact us.
- Take fluids (cold or luke warm) or food as required. Some patients may experience one or more temporary effects such as tiredness or fatigue, dizziness, nausea, tenderness at injection site. These effects are usually minor and wear off within a day or two.

- If you have any further enquires after your treatment, do not hesitate to call the practice on 0800 170 1790. If necessary we will put you in contact with your anaesthetist.