



## PATIENTS TO BE TOLD BEFORE THEIR SEDATION APPOINTMENT

- No Sedatives for 24 hours before and 24 hours after. Ex. alcohol
- No stimulants for 12 hours before and 12 hours after Ex. caffeine or nicotine
- Should not do sedation if chance of pregnancy
- No sensitivities to BDZ or any other contraindications
- Must have a responsible person to bring you and take you home from your appointment. Also required to stay with you until recovered.
- No driving for 12 hours
- No operating hazardous devices
- No heavy lifting
- No stairs until completely recovered
- No important decisions or work for 24 hours
- No food or water for 8 hours prior to appointment. However medications taken on a daily basis are ok to take unless doctor states otherwise.
- No contact lenses

## THE PROTOCOL

- Patient has received prior to their appointment a single dose of 0.25 mg triazolam
- Patient takes single dose on empty stomach one hour before appointment time at office.