**IV Sedation Pre-Operative Instructions**

You are scheduled to have surgery that will use intravenous anesthesia or sedation. Please follow these instructions in preparation for the procedure:

* **Do not eat or drink for at least eight (8) hours** **before** your scheduled surgery appointment.
* If you are taking **GLP-1 medications** please follow these guidelines before your procedure:

· **24 hours before**: Clear liquid diet only

· **12 hours before**: Nothing by mouth (no food, drink, gum, or mints)

Clear Liquid Diet includes: Water, clear broths, apple juice, white grape juice, clear sports drinks (like Gatorade) and tea or coffee (no cream).

* **To respect the privacy of patients and staff, there is NO VIDOGRAPHY, PHOTOGRAPHY or VIDEO CHAT in OUR OPERATING ROOMS.**
* Do not smoke or eat any marijuana products for 72-hours prior to your procedure.
* Any necessary medications may be taken with a small sip of water on the morning of surgery. Make sure your doctor is aware of all medications you have taken in the last 24-hour period preceding your surgery.
* Please notify your doctor if you are on any blood thinners or taking weight loss medications such as Ozempic, Wegovy, Mounjaro, Zepbound, Rebelsys or any other form of Semaglutide GLP1 medications.
* When sedation is given, you MUST have someone come with you who is 18 years old or older. This person must be able to wait the entire duration of the procedure in the lobby and drive you home after the surgery.
* If the patient is a minor, a parent or legal guardian must sign consents, wait in office for the patient and be able to drive the patient home after the procedure.
* You must arrange for an adult to care for you while the sedative drugs still have an effect after the surgery (usually 2-6 hours).
* Please wear loose, comfortable clothing with **short sleeves**. If possible, leave rings and other jewelry at home and wear only a minimal amount of makeup.
* If you wear contact lenses, please leave them out or have the items needed to remove them prior to surgery.
* If you are breastfeeding, please let your doctor know prior to the procedure or sedation.
* If necessary, a prescription for pain medication or antibiotics will be electronically sent to your pharmacy following your procedure.
* Do not ignore a head or chest cold when surgery is to be performed, as a change of appointment may be necessary. Please call to consult your doctor about your symptoms.
* Suggested foods to have available at home the day of surgery are:
  + Yogurt, Ice cream, Pudding, Jell-O, Custards, Other soft, non-spicy foods.
* Suggested foods to have available at home for the week following surgery are:
  + Pancakes, Soft Fish, Well Cooked Pasta, Scrambled Eggs.