

Oral Sedation Information Sheet

****Please Read Before your Appointment****

Before your appointment:

- You must arrange to have someone drive you home at the end of your appointment and assist you to your door. Please bring this person with you to your appointment. You should not go home by public transit or by taxi.
- Do not wear any facial makeup or nail polish. Wear comfortable, casual and loose-fitting clothing. Please use the bathroom before your appointment so you have an empty bladder.
- Contact us prior to the appointment if there has been a change with your general health, such as a severe cold, fever, etc.
- Please have no solid food (especially fatty foods) for a minimum of 8 hours before the appointment and avoid fluids for a minimum of 2 hours before your appointment. Please take your usual medication or preoperative medications.
- Please avoid any products containing caffeine or alcohol.
- Please contact us if any new medication has been prescribed.

Oral Sedation - Triazolam .25 mg (1-2 tablets)

- Please come to the office 1 hour before your scheduled appointment to insure the medication has time to take effect.
- The sedation medication will be given to you upon arrival to the office.
- When taking this medication you **MUST NOT DRIVE A VEHICLE**, operate hazardous machinery or consume alcohol or other sedative drugs for a minimum of 18 hours or longer if drowsiness or dizziness persists.

Adverse effects:

- When taking this medication you may feel fatigued, disoriented and/or drowsy.
- Headaches, nausea and a change in appetite may also occur.
- Memory loss may occur.

DO NOT TAKE THIS MEDICATION:

- If you are pregnant or taking other sedative drugs
- If you have Myasthenia gravis or acute narrow angle glaucoma
- If you have any allergies to sedative medications, or if you have been instructed by your physician not to take sedative medications
- If you have sleep apnea

Following your appointment:

- You must not drive a car or operate machinery for at least 18 hours. **You may be drowsy for the remainder of the day and should be recovering at home in the care of a responsible adult until you are fully alert.**
- Do not drink alcoholic beverages or take sedative drugs for 18-24 hours.
- If there are any questions, do not hesitate to call our office at:
(905) 876 - 3236 or (905) 820 - 5712
- **In case of emergency, call Dr. Delle Donne at (416) 230 - 3430**