

## Instructions for IV Sedation and General Anesthesia

- Prior to the date of your surgery a nurse or anesthesiologist will contact you.
- If you are having I.V. sedation or general anesthesia you must **NOT eat or drink anything for eight hours before surgery**. This includes food, water, coffee, gum, and breath mints. You may brush your teeth in the morning, but you cannot swallow anything. If you are instructed by your doctor or the anesthesiologist to take medication the morning of the surgery you may do so with a **small** sip of water.
- If you are given a prescription for pain medication, have it filled prior to surgery.
- Before the day of surgery, set up an area at home where you can lie down and relax with everything you might need nearby following surgery.
- **You will need to arrive at least 30 minutes before the surgery start time. If you are having surgery at Saint Joseph Hospital, please arrive at least one hour before surgery.**
- Arrange for transportation home after surgery, you cannot drive yourself. State regulations require that all patients receiving IV or general anesthetic be accompanied by a responsible adult after surgery.
- You will need to make a follow up appointment five to seven days following surgery.
- Please let us know if you have any questions or concerns. Relax; you're in good hands.

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