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Sedation

Pre- and postsedation instructions for patients and carers

Please read the instructions carefully

Dear Patient/Parent/Guardian.

You need to undergo a procedure/operation, and your doctor/dentist has chosen to do this under sedation. Please read the following information and instructions carefully. If anything is unclear, please contact PK Sedation.

Presedation Instructions:

- If you suffer from any medical condition or take any acute medicine, you will need to inform your doctor/dentist before the procedure/operation. PK Sedation will contact you for a telephonic consultation prior to your procedure date.
- Please wear comfortable clothes with loose-fitting sleeves.
- Do not eat anything for at least 6 hours before the procedure/operation. Clear fluids may be taken up to 2 hours before.
- If you take chronic medication, please do so on the day of the procedure/operation, after discussing this with your doctor/dentist.
- Please arrive in good time for your appointment, at least 30 minutes beforehand. In some cases, your doctor/dentist may feel that you will benefit from premedication to reduce your anxiety and make you feel relaxed. If this is the case, your doctor/dentist may request that you come earlier for your appointment so you can take the premedication.
- Please empty your bladder before the procedure/operation.
- An escort may remain with you until the sedation is underway and the procedure/operation is about to start. The escort will then be requested to leave the procedure/operation room.
- It may be necessary to put a drip/cannula in a vein in your hand or arm.

Postsedation instructions (aftercare of the patient)

- A responsible adult must take you home after the sedation, and you must remain in the company of a responsible adult for the remainder of the day. Sedation will not be given if you arrive without an escort.
- You may not drive, operate equipment or participate in any other activities that require alertness or coordination (e.g. swimming, cycling etc) for at least 12 hours following the procedure/operation.
- If you are taking regular medication, ask your doctor/dentist when you should take your next dose after the sedation.
- You should not experience nausea or vomiting after sedation. If you do vomit, and this happens more than once, please contact your doctor/dentist.
- Do not eat or drink if you are nauseous. Introduce any fluids or foods slowly after sedation. If you tolerate clear fluids, you may progress to solids.
- If you have not passed urine within 6-8 hours of being discharged, please contact the doctor/dentist at the telephone numbers provided.
- The sedation may result in amnesia (loss of memory). This is temporary, sometimes lasting for a few hours.