B Williams Surgical Solutions

ADVANCED SURGICAL & IMPLANT CARE

Pre-Operative Instructions

IV Sedation & NPO Guidelines

Appointment Date: _____ Sedation Type: _____

FASTING REQUIREMENTS (NPO: NOTHING BY MOUTH)

Proper fasting is critical for your safety during sedation.

Food Type	Stop At
Solid food	6 hours before your appointment
Clear liquids*	2 hours before your appointment
Nothing by mouth	**In the last 2 hours before your appointment**

**Clear liquids: water, apple juice, Gatorade, black coffee or tea (no milk or cream). Avoid milk, dairy, or carbonated beverages.*

MEDICATIONS

Take your regular medications as usual, with a small sip of water, on the morning of your appointment, unless you've been told otherwise. This includes heart, blood pressure, and asthma medications.

If you take blood thinners (Coumadin, Xarelto, Eliquis, or similar), confirm with our office at least 48 hours before your appointment.

WHAT TO BRING & WEAR

- ☐ Photo ID and insurance card
- ☐ A list of your current medications
- ☐ Loose, comfortable clothing with short sleeves (we need access for blood pressure monitoring)
- ☐ Remove jewelry and contact lenses (glasses are fine)
- ☐ No makeup or perfume

BEFORE YOUR APPOINTMENT

- ☐ Arrange a responsible adult driver. You cannot drive for 24 hours after sedation
- ☐ Get a full night's sleep beforehand
- ☐ Avoid alcohol for 24 hours before your appointment
- ☐ Brush and floss gently
- ☐ Call us right away if you develop a fever, cough, or acute illness

DAY OF YOUR APPOINTMENT

- ☐ Take medications with a small sip of water, as noted above
- ☐ Arrive 10–15 minutes early
- ☐ Have your driver wait during your appointment
- ☐ No solid food in the last 6 hours, and nothing at all by mouth in the last 2 hours

> **Important:** Not following NPO instructions may result in your procedure being postponed for safety reasons. Sedation effects can last up to 24 hours: no driving, operating machinery, or signing legal documents during that time. Please arrange childcare or pet care in advance, since you won't be able to care for dependents right after sedation.

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