

Date

Re: sedation visit

Dear Patient:

Your appointment is scheduled for: _____.

Below are a few important instructions and reminders:

- You should not drink any alcohol or take any recreational drugs for 24 hours nor drink caffeinated beverages for 12 hours prior to and after your appointment.
- The evening before your appointment take _____.
- You should also not eat or drink anything for 6 hours before **nor should you take any medication not approved by Doctor** prior to your appointment.
- You should not drink grapefruit juice or eat any grapefruit product for 7 days before your appointment.
- At _____ take your sedation pill.
- Have your companion bring you to our office at _____ sharp.
- Absolutely NO driving yourself! An adult (18 years or older) must escort you into the office and not leave until the patient is assisted by the doctor or office team.
- We suggest you wear comfortable clothing e.g. a lightweight jogging suit and don not wear contact lenses during your appointment.
- There is no chance of pregnancy _____ (initial here)
- There has been no change in my medical history since my sedation consult _____ (initial here)
- *Customize with any specific directions for the patient here*

We know the timing may be complicated, but I assure you it is very important.

Also, we have found that many patients benefit from natural healing agents that can be purchased at local drug stores. Vitamin C (1000mg taken 3 x a day) and Enzyme Co Q 10 (50mg taken 2 x a day) will boost your system and aid in producing an excellent healing experience. We recommend beginning this vitamin regimen as soon as 1 week before the appointment and to continue for at least 2 weeks after the appointment.

If you have any questions or concerns, please feel free to call me at (XXX) XXX-XXXX. Please initial the two items above before taking your medication and bring this form with on the day of treatment.

Sincerely,

Scheduling Coordinator

P.S. Leave all personal belongings at home (ex: purse, jewelry, watch, etc.) OFFICE is not responsible for lost belongings.