

Preparing for Sedation Before Your Procedure

Key Point

- The procedure you're going to have may require sedation. That means you'll need to take some specific precautions before your procedure.

Eating & Drinking Instructions

For safety reasons, your stomach must be empty before your procedure. If you don't follow the instructions, we may have to reschedule your procedure.

9 Hours Before Sedation

DO NOT eat solid foods beginning 9 hours before sedation is scheduled.

Solid food includes foods or liquids that you can't see through, such as:

- Milk shakes
- Yogurt-and-juice blended drinks
- Orange juice
- Scrambled eggs
- Pudding
- Sandwiches
- Cereal (including baby cereal)

Oral or gastrostomy-tube liquid medicines are allowed. (See specifics under Giving Medicine heading.)

7 Hours Before Sedation

DO NOT drink milk or formula beginning 7 hours before sedation is scheduled.

DO NOT have a tube feeding beginning 7 hours before sedation is scheduled.

Oral or gastrostomy-tube liquid medicines are allowed. (See specifics under Giving Medicine heading.)

5 Hours Before Sedation

DO NOT drink breast milk beginning 5 hours before surgery is scheduled.

Oral or gastrostomy-tube liquid medicines are allowed. (See specifics under Giving Medicine heading.)

3 Hours Before Sedation

DO NOT drink clear liquids beginning 3 hours before sedation is scheduled.

Clear liquids (liquids you can see through) are:

- Water
- Apple juice
- Jell-O or gelatin without fruit
- Tea
- Black coffee
- Grape juice
- Popsicles
- Flavored water or Kool-Aid

DO NOT give oral or gastrostomy-tube liquid medicines beginning 3 hours before sedation is scheduled.

Giving Medicine

Medicine should be in liquid form or mixed with thickened liquid or food. Liquid medicines can NOT be more than 30 milliliters, including the flush. Medicines mixed with thickened food or liquid also, can NOT exceed 30 milliliters.

Pregnancy Testing

All female patients 12 or older or who have started to menstruate should have a pregnancy test before sedation. The pregnancy test should be done at your primary-care clinic one to seven days before your procedure. Please bring results to your Gillette appointment. If you don't have the pregnancy test before you come to Gillette, we'll do it here. (We will take either a urine or blood sample.)

Refusing the Pregnancy Test

The patient, caregiver/parent or legal guardian has the right to refuse the pregnancy test. The physician and sedation team will then need to determine if they'll still proceed with the planned procedure. The refusal of the pregnancy test will be documented in the medical record, and consent to proceed with the procedure will need to be obtained.

After the Pregnancy Test

The patient and the physician doing the procedure will be notified of the pregnancy test results. **POSITIVE PREGNANCY TEST RESULTS ARE KEPT CONFIDENTIAL.** Often, it will be up to the patient to decide how to communicate pregnancy test results to parents/caregivers. If the patient is unable to make independent decisions or can not speak, social work and the physician will decide if it is appropriate to tell caregivers the pregnancy test results.

Make An Appointment

651-290-8707

Refer a Patient

651-325-2200

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at **651-229-3890**.