PATIENT INSTRUCTIONS: How to Prepare for your in-office Sedation

**72 Hours** before Appointment:
- STOP Marijuana use

**8 Hours** before Appointment:
- STOP Eating

**2 Hours** Before Appointment:
- STOP Clear liquids
  - Clear liquids = water, apple juice, and Pedialyte. NO milk

- Take all your usual medications unless otherwise instructed by your Doctor
- You must be accompanied by an *adult* to drive you home
- Wear loose, comfortable clothes. Avoid nail polish.