

## POST-SEDATION INSTRUCTIONS

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1. Go home and rest for the remainder of the day.
2. Do NOT perform any strenuous activity. Do NOT attempt to climb up stairs. You should remain in the company of a responsible adult until you are fully alert.
3. Do not attempt to eat a heavy meal immediately. If you are hungry, a light diet (liquid or soft foods) will be more than adequate.
4. A feeling of nausea may occasionally develop after IV conscious sedation. The following suggestions may help you feel better:
  - Lying down for a while.
  - Drink a glass of a cola or 7-up
  - If nausea persists for more than 8 hours for adults or 1 hour for children, call Dr. Tingey.
5. Do not operate a motor vehicle or heavy machinery for 24 hours.
6. Do not take any alcoholic beverages for 72 hours.
7. Take all the medications as prescribed by Dr. Tingey. Do not take the Hydrocodone or Vicodin for 4-6 hours after the procedure. Take Ibuprofen or Tylenol for pain as prescribed by Dr. Tingey.
8. If you have any unusual problems or any questions you may call Dr. Tingey:
  - 406-727-6232 office / 406-788-0723 cell.
  - If you are unable to contact Dr. Tingey, please contact the nearest emergency room.

Caregiver Signature \_\_\_\_\_