

## Patient Education for Sedation

The time you are given is a check-in time- you do not need to come early unless instructed to do so.

**All procedures start approximately 30-45 minutes after you check-in.** Although each procedure is different, your total time at our office may vary from 1-3 hours.

Appointment date and check in time: \_\_\_\_\_

### With Sedation:

- **Do not eat or drink 8 hours before your procedure (including candy, gum, mints, cough drops, water, crackers, smoking, etc.)**
- **A responsible adult with a valid driver's license must accompany the patient to and from our office.** The patient will not be able to drive for 24 hours after IV sedation is given. If the driver leaves our office during the procedure, they must notify the front desk person and provide a cell phone number where they can be reached immediately. **We ask drivers to stay within a 10-15-minute radius of the clinic.**
- Drivers without cell phones are asked to stay in the building/lobby.
- Most prescribed medication can be taken **as early as possible with a small sip** of water unless otherwise instructed by iSpine Nursing staff.
- Please inform the doctor or nurse if you are on any Anticoagulants (Coumadin, Plavix, Xarelto, Pradaxa, etc.), as these medications need to be held before some procedures and blood work may need to be ordered.
- Procedures cannot be completed if you have a severe cold, flu, fever, infection, or if you are on any antibiotics. If you develop any of these symptoms before your appointment, please call the office and speak to a nurse for further instructions.
- Loose and comfortable clothes should be worn. Please leave any jewelry and valuables at home or with your driver.
- Flu shots should be arranged two weeks before or two weeks after your procedure.

### Without Sedation:

- Since you are not having sedation, you do not have any fasting instructions. You may eat and drink before your procedure.
- Most medications that are prescribed can be taken normally unless otherwise instructed by iSpine Nursing staff
- Please inform the doctor or nurse if you are on any Anticoagulants (Coumadin, Plavix, Xarelto, Pradaxa, etc.) as these medications need to be held before some procedures, and blood work may need to be ordered.
- Procedures cannot be completed if you have a severe cold, flu, fever, infection, or if you are on any antibiotics. If you develop any of these symptoms before your appointment, please call the office and speak to a nurse for further instructions.
- Loose and comfortable clothes should be worn. Please leave any jewelry and valuables at home or in your car.
- Flu shots should be arranged two weeks before or two weeks after your procedure.

**Equal Access:**

FIIRO GAAR AH: Hadii aad ku hadasho Soomaali, waaxda luqadaha, qaybta kaalmada adeegyada, waxay idiin hayaan adeeg kharash la'aan ah. So wac 1-888-808-9008.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-808-9008.

We comply with applicable federal civil rights laws and Minnesota laws. We do not discriminate based on race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

I attest that I have received discharge education and instruction. I acknowledge I was provided the opportunity to ask questions of my care team concerning post-procedure expectations and care. I understand that I can also contact my care team by phone, scheduled appointment, or patient portal if I require further direction or follow-up care.

Patient signature: \_\_\_\_\_ Date/Time: \_\_\_\_\_

Patient name (Printed) : \_\_\_\_\_

Witness: \_\_\_\_\_ Date/Time: \_\_\_\_\_