

FROST

PERIODONTICS & DENTAL IMPLANTS

COMPREHENSIVE, INNOVATIVE, ESTHETIC SOLUTIONS

INSTRUCTIONS PRIOR TO ORAL OR IV SEDATION

For your safety and protection, please follow these instructions:

- Please take any prescriptions as you routinely would with only 1 or 2 ounces of water no later than 2 hours prior to your scheduled surgery time.
- ORAL SEDATION ONLY: Please report for pre-op, 1 hour prior to your scheduled surgery time. Check-in with your escort and bring your sedation prescription. Do NOT take the sedative before checking in with our office.
- Do not eat anything 8 hours prior to your appointment. You may brush your teeth with water. You may drink water or clear liquids (coffee, tea, Gatorade, juice) until 2 hours prior to your appointment.
- A physically able, responsible adult must accompany you to and take you home from the appointment. The sedative may make you unsteady on your feet. You may require physical assistance. Once discharged from our office, it is your escort's responsibility to ensure that you return home safely and rest for the next 24 hours. You must not be left alone the first 6 hours after sedation.
- Do not wear contact lenses or jewelry to your appointment.
- Loose fitting, short-sleeved shirts & two-piece clothing is suggested for your comfort and for ease of placement of monitoring equipment. Do NOT wear high-heeled shoes as you will not be steady on your feet.
- A change in your health such as the development of a cold or fever is important. Please share that information with your doctor prior to your appointment.
- If you were given a prescription for Norco, wait to take the medication until 6 hours AFTER you leave our office.
- **NO driving for 24 hours.**

Sedation and GLP-1 Medication Guidelines

Based on guidance from the American Society of Anesthesiologists (ASA), it is important to report the use of glucagon-like peptide-1 (GLP-1) receptor agonist medications. Many of these medications can be recognized by the “-tide” ending to all the generic names. GLP-1 drugs, like those listed in the table below, are used by roughly 1 in every 8 US adults for reasons that include diabetes management, weight loss, and some heart problems. They work by decreasing stomach emptying, making patients more prone to developing gastric reflux. They place patients at a higher risk for regurgitation and aspiration into the airways.

To minimize this risk, it is recommended that patients that take a weekly injection have a week between their last dose and deep sedation. If taking a daily oral route, it is best practice to be 24 hours since their last dose. Often this can be timed with minimal interruption of their dose schedule, something that may be more important for those taking it for diabetes-related treatment.

<https://www.asahq.org/about-asa/newsroom/news-releases/2023/06/american-society-of-anesthesiologists-consensus-based-guidance-on-preoperative>

Generic Name	Brand Name
Dulaglutide	Trulicity
Exenatide (ER)	Bydureon BCise
Exenatide (IR)	Byetta
Liraglutide (3mg)	Saxenda
Liraglutide (1.2mg/1.8mg)	Victoza
Lixisenatide	Adlyxin
Semaglutide	Ozempic, Rybelsus, Wegovy, others
Tirzepatide	Mounjaro, Zepbound