

# Moderate Sedation

You are scheduled for a procedure under moderate sedation on \_\_\_\_\_

## Transportation

You must have a ride home the day of your procedure. Call the Social Work Department at **716-845-8022** if you have problems arranging for a ride.

## Eating/Drinking

- **Stop eating and drinking everything except water 8 hours before your procedure.**
- **Stop drinking water 2 hours before the procedure.**

## Bathing

- Bathe or shower the night before or the morning of your procedure.
- Do not shave anywhere near your operation site. Do not apply body lotion, deodorant, make-up, or powder after taking your shower.
- Remove any nail polish; it interferes with the oxygen monitor on your finger.

## Medications

- If you have diabetes and take insulin, talk to your primary doctor about how to take your insulin on the day of the surgery.
- Many medications, whether over-the-counter or prescription, can interfere with normal blood clotting and may increase the risk of bleeding. Follow the guidelines in the chart on the back for when to stop taking certain medicines, vitamins, and supplements.

**If your doctor gives you different instructions, always follow your doctor's instructions.**

<b>7 days (1 week) before the procedure, stop taking:</b> <ul style="list-style-type: none"> <li>• aspirin and products containing aspirin</li> <li>• herbal supplements, garlic tablets, and vitamins</li> </ul>
<b>5 days before the procedure, stop taking:</b> <ul style="list-style-type: none"> <li>• warfarin (Coumadin® or Jantoven®)</li> <li>• clopidogrel (Plavix®) Note: For certain procedures, your doctor may tell you to stop this medication 7 days before surgery</li> </ul>
<b>3 days before the procedure, stop taking:</b> <ul style="list-style-type: none"> <li>• non-steroidal anti-inflammatory medications (NSAIDs) <ul style="list-style-type: none"> <li>– ibuprofen (Advil®/Motrin®)</li> <li>– naproxen (Aleve®/Anaprox®)</li> <li>– meloxicam (Mobic®)</li> <li>– oxaprozin (Daypro®)</li> <li>– sulindac (Clinoril®)</li> <li>– etodolac (Lodine®)</li> <li>– diclofenac (Voltaren®)</li> <li>– piroxicam (Feldene®)</li> <li>– diflunisal</li> <li>– ketoprofen</li> </ul> </li> </ul>
<b>1 day (24 hours) before your procedure, stop taking enoxaparin (Lovenox®)</b>

If you take any medications to treat or prevent blood clots, talk to your doctor about when, or if, you should stop taking your medication before surgery. These medications include:

- |                              |                          |
|------------------------------|--------------------------|
| • apixaban (Eliquis®)        | • prasugrel (Effient®)   |
| • cilostazol (Pletal®)       | • rivaroxaban (Xarelto®) |
| • dabigatran (Pradaxa®)      | • ticagrelor (Brilinta®) |
| • dalteparin (Fragmin®)      | • ticlopidine (Ticlid®)  |
| • eptifibatide (Integrilin®) | • tinzaparin (Innohep®)  |
| • fondaparinux (Arixtra®)    | • tirofiban (Aggrastat®) |
| • lepirudin (Refludan®)      |                          |

## The Day of Your Procedure

- If your doctor told you to take medication the morning of your procedure, take it with a very small sip of water.
- Please bring a list of all your medications (prescription, over-the-counter, and supplements) and all your allergies (if any) to the hospital.
- At the discretion of the physician, you may have 1 visitor in the room with you for the procedure.

Please call **716-845-1642** if you have any questions about your procedure.