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**Instruction for Intravenous Conscious Sedation**

Wear **comfortable, loose-fitting** clothing with **short sleeves**. Please do not wear **jewelry** or **panty hose**. Avoid **nail polish** (on at least one finger-nail.)

**Regarding food:** No solid food eight hours before treatment. Clear liquids (e.g. water, Sprite, 7-Up) up to two hours before treatment.

**Special Instruction for patient with Diabetes:**

It is best that we schedule your appointment in the early morning if possible.

**Type 2 Patients:** Withhold oral hypoglycemic agents or insulin until you can drink or consume food.

**Type 1 Patients:** Administer half of you normal dose of insulin and the remaining half after food is consumed.

Since we will be using conscious sedation, you may consume a normal light breakfast and take you medications as you would normally.

**Other Medications:**

Take your regular medications at the usual times, unless the Doctor instructs you otherwise.

Special instructions for certain medications:

- Patients taking diuretic should wait until after treatment to take their medication.
- Patients using recreational drugs or over-the-counter medications should make the Doctor aware of their use.
- Asthmatic patients who use inhalers, should bring their inhaler with them for their treatment.

Because caffeine may cause you to urinate frequently, it is best not to have tea or coffee before your treatment.

Be sure to have someone drive you to (if and oral sedative is taken) and from the office. (It is helpful if they can remain in the office during your treatment in order to help you to use the bathroom if need be.)

Avoid alcoholic beverages, operating a motor vehicle or dangerous tools and appliances, and important decision making for the next 24 hours.