



The Surgical Institute
at True North

CHE MILLER MD | KAYLA WATKINS-JONES MD
BRETT LOCKE APRN

In-Office Sedation Instructions

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- Please avoid eating any solid foods for 8 hours prior to your procedure.
- You may have clear liquids up to 3 hours prior to your procedure.
- Please take your regular medications in the morning, prior to your procedure, with the exception of any blood thinners we may have asked you to stop taking.
- You will need someone to bring you to and from your appointment as it is unsafe to drive after receiving sedation.
- You may feel drowsy following your procedure due to the sedation. This is expected and should improve shortly after your procedure.
- Should you have any questions or concerns following your procedure, please do not hesitate contacting our office at (580) 255-9797.

Clear Liquids Allowed

Food Group	Food Allowed	Food to Avoid
Fruit	Apple juice	Any juice with pulp
	White grape juice	
	White cranberry juice	
Soup	Fat free or low fat	All others
	Chicken or Beef Broth	
	Chicken or Beef Bouillon	
Dessert	Jello (Plain, Yellow, Orange)	No Red, Purple or Green
	Ice Popsicles (White, Yellow, Orange)	No Red, Purple or Green
Beverages	Water, Tea, Coffee	No Cream or Milk
	Any Carbonated Drinks	
	Gatorade, Powerade	No Red, Purple or Green
Miscellaneous	Ice, Salt, Sugar, Hard Candy	All Others