

Adult Pre & Post-Sedation Instructions

Dr. Wicus Nienaber (MBChB)

Practice Nr: 1401777 | Professional Procedural Sedation & Analgesia

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Pre-Sedation Instructions for Adults

Medical Preparation

Complete and submit your medical history form accurately, including all current medications, allergies, and medical conditions. Inform Dr. Nienaber of any changes to your health status since completing the form. If you take chronic medications, discuss with Dr. Nienaber whether to continue them on the day of your procedure.

Fasting Requirements (Critical for Safety)

- **Stop all solid foods and milk 6+ hours before your procedure**
- **Stop clear fluids (water, apple juice) 2 hours before your procedure**
- Take only essential medications with small sips of water if approved by Dr. Nienaber

These requirements are essential for your safety and must be followed exactly.

Day of Procedure

- Arrange for a responsible adult to drive you to and from your appointment and stay with you for the remainder of the day
- Wear comfortable, loose-fitting clothing with easy-access sleeves
- Remove contact lenses, jewelry, and dentures before the procedure
- Arrive 30 minutes early for pre-procedure assessment and preparation
- Bring a list of all current medications and medical history form



Post-Sedation Instructions for Adults



Immediate Recovery (First 2-4 Hours)

- You will feel drowsy and unsteady - do not attempt to walk unassisted
- A responsible adult must drive you home and remain with you
- You may experience temporary memory loss of the procedure, which is normal and expected
- Rest in a comfortable, quiet environment

Activity Restrictions (12-24 Hours)

- **No driving, operating machinery, or making important decisions**
- **No alcohol consumption**
- Avoid stairs, kitchen appliances, and potentially dangerous areas
- No activities requiring coordination or alertness
- Stay away from hot surfaces and sharp objects



Recovery Care

- Introduce fluids slowly, starting with small sips of water if you feel well
- Progress to light foods only when you can tolerate fluids without nausea
- Rest quietly and avoid strenuous activities
- Some drowsiness and mild confusion may persist for several hours
- Have someone check on you regularly during the first 12 hours

Warning Signs - Contact Dr. Nienaber Immediately

- Difficulty breathing or chest pain
- Excessive vomiting (more than once)
- Severe dizziness or fainting
- Unusual agitation or confusion
- Persistent nausea preventing fluid intake

- Any concerns about your recovery

24/7 Emergency Contact

Dr. Wicus Nienaber

 **+27 71 897 6285**

For immediate life-threatening emergencies, call emergency services and then contact Dr. Nienaber

Important Reminders

- **Submit forms to:** forms@sasedation.co.za at least 24 hours before procedure
- **No sedation will be provided** if you arrive without a responsible adult escort
- **Follow all instructions exactly** - your safety depends on compliance
- **Ask questions** - contact Dr. Nienaber if anything is unclear
- **Procedure may be postponed** if fasting requirements are not met

SA Sedation - Professional Procedural Sedation & Analgesia

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This document contains important safety information. Please read carefully and keep for reference.

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