

PATIENT INSTRUCTIONS

ANESTHESIA PARTNERS OF NORTH TEXAS, LLP is a group of physicians, board-certified in anesthesiology with sub-specialty fellowship training in pediatric anesthesia, who have been asked to provide sedation/anesthesia for you or your child.

Our office will contact you within a week [of](#) the procedure to schedule sedation/anesthesia and arrange for payment.

HOW PATIENTS SHOULD PREPARE FOR SEDATION/ANESTHESIA

1. We recommend that you give your child one spray of nasal “**Afrin**” (Oxymetazoline) in each side of the nose on the day before and the morning of the procedure. This will improve your child’s ability to breath through their nose for the procedure.
2. **No food or milk is allowed after midnight.**
3. **After midnight and until 3 hours before arrival time:**
The patient may have water, clear juice without pulp, clear sport drinks (e.g. Gatorade), non-dairy Popsicles and Jell-O without fruit.
4. All patients should take their **medicines** in the morning with a sip of water. No ibuprofen (“Motrin”, “Advil”) within 2 days of the procedure. We encourage you to give your child a dose of acetaminophen (“Tylenol”) one to two hours prior to your arrival.
5. Patients on prescribed **inhalers** should begin treatment 24 hours before the procedure even if they are not symptomatic.
6. Pediatric patients may benefit from wearing a “**pull-up**” if they wear one while sleeping.

After you have scheduled with our office, please complete the **PATIENT PROFILE** sheet and fax it to our office at 817-421-7560.



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