

**Instructions for patients using oral pre-medication
prior to their dental appointment**

General Information

The medication we have suggested you use is called Diazepam, with the more commonly known brand name of Valium. It is only available by prescription. When used appropriately for most people it is a safe medication. The effect is generally a reduction in anxiety and some mild drowsiness. You should feel more relaxed during treatment but will not be asleep and you will be able to communicate with us.

The correct dosage varies between individuals. If you have not tried Diazepam before we will suggest a recommended dose (most commonly 1-2 tablets, 5-10mg). It is worth considering a "trial" prior to your dental visit to see if we have judged the correct dosage. Choose one evening when you have completed all that you need to for that night. Take the recommended dose and review the effect. If little effect is noted then you may need to increase the dosage, if you are strongly affected then you may prefer to decrease the dosage. Please phone us for advice after your "trial" if you feel the suggested dosage should be altered.

Before The Appointment

Please take a single dose the previous night to your dental appointment before bed to ensure you have a sound nights sleep. Please take another dose approximately one hour before your treatment commences.

If you are taking other medicines they should be taken at the usual times.

You should be accompanied by a responsible adult who will escort you home afterwards and arrange for you to be looked after for the following 24 hours.

Any illness occurring before the appointment should be reported immediately as this might affect your treatment.

After The Appointment

Your escort must accompany you home.

You must rest and not undertake strenuous activity for the rest of the day.

You must not drive any vehicle, operate any machinery or use any domestic appliances for 24 hours after the sedation.

You must not drink alcohol, return to work, make any important decisions or sign any important documents for 24 hours.

Please contact the practice if you have any questions prior to or following your treatment.