



Craig R. Smith, D.D.S.  
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## Pre-Sedation Instructions

### Below are a few important instructions and reminders:

- You should not eat or drink grapefruit or cranberry juice or product 7 days prior to appointment.
- You should not drink any alcoholic or caffeinated beverages for 24 hours prior to your appointment.
- At bedtime, the night before your appointment, take the two yellow sedation pills.
- You should not eat or drink anything 6 hours prior to your appointment.
- You should not take any medications (including over the counter medications) not approved by Dr. Craig Smith. Exceptions will be made for diabetic patients.
- The day of your appointment, take your 1 blue sedation pill 1 hour before your appointment.
- Please arrive at your designated appointment time.
- Have your companion bring you to our office. **ABSOLUTELY NO DRIVING!**
- We suggest you wear comfortable clothing (e.g. a lightweight jogging suit).

We know the timing may be complicated, but we assure you it is very important. If you have any questions or concerns, please feel free to call our office at (208) 343-1393. We'll see you in your dreams!