**Oral Anxiolysis Instructions**

# What to expect

The aim of taking an oral anxiolysis medication is to help you feel a very relaxed, comforting sense of calmness during your dental appointment. You will remain awake and aware of what is happening, and you will be able to talk to your dentist to remain in control of what happens. However, if you are not used to taking an oral sedative medication, you may also feel sleepy or groggy and respond to things more slowly. Because of this, there can be an increased risk of falling or difficulty swallowing.

The medications prescribed for oral anxiolysis can have different effects depending on the type and the amount used. Some work more quickly than others, some will last longer than others. People also respond differently. For this reason, will consult with a medical practitioner to prescribe the drug.

# Before the appointment

Do not have anything to eat or drink for 2 hours prior to the appointment time.

Take your prescribed medications at the usual time.

Wear loose fitting clothes and no jewellery. Remove contact lenses.

You must be accompanied by a responsible adult who must bring you to the appointment, remain in the clinic/waiting room during treatment and accompany you home. They should stay with you for the next 24 hours.

Please advise us if you are unwell prior to taking oral anxiolysis, to determine if treatment should go ahead on the day.

Remember that your falls risk and choking/aspiration risk is higher while under the influence of oral anxiolysis medication. Consider whether you need additional supports E.g. a wheelchair or second escort person.

# After the appointment

The responsible adult accompanying you will take you home.

You are not to travel home on public transport or use public transport for the next 24 hours.

You must not drive a vehicle, operate machinery (including domestic appliances), drink alcohol, return to work, make important decisions or sign legal documents for 24 hours after the oral anxiolysis medication has been given.

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

Have light meals and avoid very hot foods and drinks. Cutting food smaller than usual, putting less in the mouth than usual, and eating/drinking slowly all reduce choking risk.

If you feel nausea, sip a fizzy drink and lie down.

When lying down/sleeping, stay semi upright and not fully reclined for the first 24 hours.