

# Minimal sedation checklist - consultation

Patient name: \_\_\_\_\_

Date: \_\_\_\_\_

Resting:      Blood pressure: \_\_\_\_\_      spO<sub>2</sub>: \_\_\_\_\_      Pulse: \_\_\_\_\_

Currently taking any medications?  
\_\_\_\_\_

Allergies?  
\_\_\_\_\_

No history of cardiac problems.

No history of respiratory problems.

No history of renal or hepatic impairment.

ASA classification:       1     2     3     4

Mallampati classification:     1     2     3     4

Not currently taking oral contraceptives.

Not currently pregnant or nursing.

Not taking drugs with potential interactions.

History of benzodiazepine use? If yes, what drug? \_\_\_\_\_

Difficulty sleeping prior to procedure?

## Review of instructions & expectations with patient:

We are aiming for minimal sedation or anxiolysis, you will be awake and alert the entire procedure, just with medicine to help your anxieties be diminished.

Arrive one hour before your appointment with your medicine.

Come with someone who can stay here and make sure that you make it home safely, you will not be able to drive for the rest of the day.

Once you are here and comfortable we'll tell you to take your medicine and you get to relax for an hour before we get started.

	<b>Triazolam</b>	<b>Lorazepam</b>	<b>Zolpidem</b>
<b>Onset (hours):</b>	0.75 - 2	1-1.5	0.25
<b>Duration</b>	2-4 hours	3 hours	8 hours
<b>Average adult dose:</b>	0.25 mg	2 mg	5 mg (f)   5-10 mg (m)
<b>Average elderly dose:</b>	0.125 mg	1 mg	5 mg
<b>Max dose:</b>	0.5 mg	4 mg	10 mg
<b>Lower age limit:</b>	18	12	18
<b>Pregnancy category:</b>	X	D	C

