

Triazolam (Halcion®) instructions

If prescribed, take the diazepam (Valium®) pill just before bed the night before your dental surgery for a better night's sleep. If you take other sleeping medications, take those instead of the diazepam (Valium®). Do *not* mix the two.

If you have a morning appointment, you should fast from solid foods after midnight. If you have an afternoon appointment, have a light breakfast. Unless you have a medical reason to eat (diabetic, etc.), do not eat anything for 6 hours before your appointment time. Water, apple juice, and

black decaffeinated coffee/tea are OK for 3 hours before your appointment *Triazolam (Halcion®)*

is absorbed better on an empty stomach Do not take caffeine or sugar for 3 hours before your appointment, as all are stimulants that decrease the effectiveness of triazolam (Halcion®). No tobacco use for 8 hours before, as it is a stimulant.

Take the triazolam (Halcion®) or diazepam (Valium®) pill(s) with a glass of water. Sparkling water makes them absorb better.

Alcohol ---do *not* drink within 24 hours before to 24 hours after taking triazolam (Halcion®) or diazepam (Valium®).

Recreational/illegal drugs ---Do *not* use for 7 days before your dental surgery and until 7 days after (never if you are taking narcotic pain medication). Example —using cocaine and then having local anesthetics (novocaine) can kill you.

Do not take triazolam (Halcion®) or diazepam (Valium®) if you are allergic to triazolam (Halcion®) alprazolam (Xanax®), chlordiazepoxide

(Librium®, Librax®), clonazepam (Klonopin®), clorazepate (Tranxene®), diazepam (Valium®), estazolam (ProSom®), flurazepam (Dalmane®), lorazepam (Ativan®), oxazepam (Serax®), prazepam (Centrax®), temazepam (Restoril®).

Do *not* take triazolam (Halcion®) or diazepam (Valium®) or use nitrous oxide (laughing gas) if you are, or think you might be, pregnant.

If you are a nursing mother, discard your milk for 1 day after taking triazolam (Halcion®) and 1 week for diazepam (Valium®). Nitrous oxide (laughing gas) alone should not affect breast milk).

Do not take triazolam (Halcion®) or diazepam (Valium®) if you have acute narrow-angle glaucoma.

Triazolam (Halcion®) can dry your eyes out. Don't wear contact lenses to your appointment.

Antacids (such as Maalox ®, Mylanta ®, Tums ®), reduces the absorption and effectiveness of triazolam (Halcion®) or diazepam (Valium®) if taken within 3 hours of taking triazolam (Halcion®) or diazepam (Valium®).

Heartburn/ulcer medications: Tagamet ® (cimetidine) , Pepcid ® (famotidine) Zantac ® (ranitidine), Prilosec ® (omeprazole, and Nexium® (esomeprazole) should *not* be taken within 24 hours before to 24 hours after taking triazolam (Halcion®) or diazepam (Valium®) They (Valium®) increase the potency of both taking triazolam (Halcion®) or diazepam (Valium®) Narcotic pain medications (such as codeine, Vicodin ®, Percodan ®, Demerol ®, and others) should *not* be taken within 12 hours before to 8 hours after taking triazolam (Halcion®) or diazepam

(Valium®) ***Post-operatively, do not take any narcotic pain medication until 8 hours after you take the triazolam (Halcion®).*** 1000mg Tylenol ® (ace taminophen) and 600 mg ibuprofen taken together (maximum of once every 6 hours) is an excellent replacement/substitute for a narcotic If you can't take ibuprofen,

let us know so we can get you another medication you can take that triazolam (Halcion®) wil l not interfere with.

Do *not* eat grapefruit or drink grapefruit juice while taking triazolam (Halcion®) or diazepam (Valium®)With

either drug, grapefruit increases the amount of the drug absorbed and the amount of time it stays in the body, thus having the potential to way over sedate you. Therefore, people taking triazolam (Halcion®) or diazepam (Valium®) should totally avoid grapefruit and grapefruit juice starting 3 days before taking these medications and wait until the day after your appointment to consume them again. Even one small glass or a half grapefruit will have this effect and take 3 days to clear your body.

The following drugs have the same effect as grapefruit. They increase the potency and duration of triazolam (Halcion®) or diazepam (Valium®)Let

us know if you are taking these, as we may reduce the amount of triazolam (Halcion®) or diazepam (Valium®):

Antidepressants, such as but not limited to Sertraline (Zoloft ®),Paroxetine (Paxil ®), Amitriptyline (Elavil®), Clomipramine (Anafranil®), Isocarboxazid (Marplan), Phenelzine (Nardil®), Tranylcypromine (Parnate®), Fluoxetine (Prozac®), Bupropion (Wellbutrin®)

Ergotamine (Cafergot ®) used migranes

Fluvoxamine (Luvox®) used for obsessive-compulsive disorder

Alprazolam (Xanax®) or BuS par used for anxiety

Nutritional supplements: St. John's Wort, Kava Kava, Gotu Kola and Valerian may greatly decrease the longevity of the sedation effects of triazolam (Halcion®) and diazepam (Valium®), while potentially

greatly increasing the profoundness of the sedation Do not take these herbs for 10 days before

taking triazolam (Halcion®) or diazepam (Valium®) You can resume taking them the next day.

Do ***not*** take triazolam (Halcion®) if you are taking the following medications:

Diltiazem (Cardizem®, Dilacor®, Tiazac®, Tiamate®, Cartia®, and others) used for high blood pressure and angina

Verapamil (Calan®, Verelan®, Covera®, Isoptin®, Tarka®) used for high blood pressure

Do not take triazolam (Halcion®) or diazepam (Valium®) if you are taking the following medications:

Ketoconazole (Nizoral ®) used for yeast/fungal infections
Itraconazole (Sporanox®) used yeast/fungal infections
Nefazodone (Serzone®) used as an anti-depressant
Ritonavir (Norvir®) used for HI V/A IDS
Atazanavir (Reyataz®) used for HI V/A IDS
Cyclosporin, (Sandimmune®, Neoral®) used for organ transplant rejection
Diltiazem (Cardizem®, Dilacor®, Tiazac® and others) used for high blood pressure and angina
Imatinib (Glivec®) used to treat leukemia
Isoniazid (Nydrasid®) used to treat TB
Nicardipine (Cardene ®) used to treat high blood pressure
Quinidine (Quinora®, Quinidex®, Cardioquin®) used to treat abnormal heart rhythms
Clozapine (Clozaril®, FazaClo®) used to treat schizophrenia
Erythromycin (many brands including E -mycin®), EES®, PCE®) used as an antibiotic
Clarithromycin (Biaxin®) used as an antibiotic
Telithromycin (Ketek®) used as an antibiotic
Diclofenac (Voltaren®), used as prescription eye drops or pills for arthritis or cramps.

The following medications can decrease the effects of sedation from triazolam (Halcion®) or diazepam (Valium®). That does not mean discontinue these medications, just be aware that the sedation may not be profound.

Aminoglutethimide (Cytadren®) used to treat Cushing's syndrome
Carbamazepine (Carbatrol®, Tegretol®) used to treat seizures, bipolar, trigemina neuralgia
Nafcillin (Unipen ®) a specific antibiotic
Nevirapine (Viramune ®) used to treat HI V/AIDS
Phenobarbital used to control epileptic seizures
Phenyton (Dilantin ®) used to control epileptic seizures
Rifamycins a class of antibiotics used to treat TB
Theophylline (TheoDur®, Theolair®, and others) used to treat asthma, emphysema, chronic bronchitis

Arrange for a ride to and from your dental appointment. Your ride does not need to stay the entire appointment. They can come back at a certain time, and leave a telephone number in case we finish early or run late. We will ask your driver to sign that we are releasing you into their care and they will drive, not you.

Do not drive a motor vehicle after taking triazolam (Halcion®) or diazepam (Valium®). Do not drive for the rest of the day after taking the triazolam (Halcion®) or diazepam (Valium®) pill(s). *It is illegal to drive a motor vehicle under the influence of any mind -altering substance, including legal medications.* That also includes narcotics, such as codeine, Vicodin® (hydrocodone), Demerol® (meperidine) and Percodan®/Percocet®/Roxicet® (oxycodone). Ibuprofen, Tylenol® and antibiotics are not mind -altering.

Go to the restroom as soon as you get here. It saves interrupting your surgery for a “groggy” trip to the restroom.

After you get home from your oral surgery, rest and drink plenty of water, at least 6 glasses the rest of the day. If you get up in the middle of the night, have another glass of water. Water consumption eliminates a “halcion hangover” the next day. If you take plenty of water after you get home, no hangover and you will feel fine the next day.

Arrange for someone to stay with you the rest of the day after you get home. You may feel fine, but *triazolam (Halcion®) can be an amnesic for some people for up to 8 hours later.* That means you may do stuff you don’t remember. That’s not safe if you are alone, or if you try to drive a car, cut the grass, etc.

Do *not* plan on signing any legal papers for 24 hours after you take triazolam (Halcion®) or diazepam (Valium®), or for as long as you are taking narcotic pain medications.

Do *not* go up and down stairs for the rest of the surgery day without an adult helping you and they are one step below you, It is best to avoid stairs for the day.

Follow your post -op instructions for rest in a recliner chair, ice the surgical area and have something of nutritious value, like Ensure, Carnation Instant Breakfast, Boost, Glucerna for diabetics, etc. as soon as you arrive home.

***We will discuss your procedure and follow -up instructions and care with your driver, escort/companion, spouse or caregiver because you may not remember what we told you.