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## **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 to 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 increase the potency of both taking triazolam (Halcion®) and 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® (acetaminophen) 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®) will 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 BuSpar 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 HIV/AIDS*  
*Atazanavir (Reyataz®) used for HIV/AIDS*  
*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 (Nydravid®) 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 HIV/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.