



Guidelines on COVID-19 Pre-Testing Sedation for Individuals April 24, 2020

Reasonable efforts should be made to decrease the individual's anxiety and support a successful test. These supports could include gentle verbal encouragement and a supportive, comforting gesture like a pat on the arm or holding a hand during testing.

Restraints or holds are not appropriate, and may even be dangerous, for performing COVID-19 testing.

DDS recommends the following for individuals who are unable to tolerate or will likely resist the test:

- **Individuals who have pre-sedate orders or protocols in place for doctor/dental visits**
 - If the individual has a Health Care Provider (HCP) order and protocol for a sedative/medication to treat anxiety related to doctor/dentist visits, lab tests, or medical testing, the provider is encouraged to contact the HCP to determine whether that order/protocol or a similar new order is appropriate for this individual and this type of testing situation.
- **Individuals who do not have an existing pre-sedate order/protocol**
 - Check with the individual's HCP to see if such a one-time order is appropriate and can be provided to reduce anxiety for the individual.
 - This order can be provided by any health care practitioner with authority to prescribe in Massachusetts.

It is advised that the individual should not observe other people being tested prior to being tested themselves as this may only heighten their anxiety.

In addition, social stories and checklists that help describe the testing procedure to individuals in advance of testing may be helpful in easing anxiety.