



General Instructions

5 DAYS PRIOR TO YOUR PROCEDURE STOP TAKING THE FOLLOWING:

- Anti-inflammatory medications such as **MOBIC, IBUPROFEN, ADVIL, MOTRIN, NAPROXEN, ALEVE, CELEBREX, BEXTRA** or other arthritis medications.
- **FISH OILS, OMEGA VITAMINS, VITAMIN E** and **IRON**.
- Diuretics such as **LASIX, HYDROCHLORTHIAZIDE** or any medications ending in **HCT**.

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- Please speak to your Physician if you are taking **ASPIRIN, PRADAXA, XARELTO, PLAVIX, COUMADIN, HEPARIN, ELIQUIS** or any medication to thin your blood or to prevent clotting.
 - Please let your Physician and the Surgery Center know if you have a pace maker, defibrillator or artificial heart valve.
 - If you take insulin, please take $\frac{1}{2}$ of your usual dose the day before your procedure and none the morning of your procedure. Please check your blood sugars.
 - 5 days prior to your procedure try to refrain from eating foods with seeds. (**STRAWBERRIES, TOMATOES, CUCUMBERS**, etc.)
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Please call our office at (561) 622-6111 if you have any questions regarding your preparation or medication.

Clear Liquid Diet

THIS CLEAR LIQUID DIET IS MEANT TO BE FOLLOWED THE DAY YOU ARE PREPARING FOR YOUR PROCEDURE.

FOODS OR DRINKS **ALLOWED**

GATORADE, PEDIALYTE, POWERADE
JELLO (Without Added Fruit)
ICED TEA
POPSICLES
WATER
CARBONATED BEVERAGES, NON-COLA SODA
HOT COFFEE or TEA (No Creamer)
HARD CANDIES
GRAPE JUICE (White Only)
SUGAR
APPLE JUICE (Not Cider)
SWEET N LOW, ETC
CRANBERRY JUICE (White Only)
HONEY, JELLY, SYRUPS
CLEAR CHICKEN, VEGETABLE OR BEEF BROTH
BOUILLON CUBES

FOODS OR DRINKS **NOT ALLOWED**

ORANGE DYE PRODUCTS
MILK OR MILK DRINKS
POWDERED NON-DAIRY
CREAMER DAIRY PRODUCTS
ORANGE OR CITRUS JUICE
ALCOHOLIC BEVERAGES

Note: Do not drink or eat anything red or purple.