

HERE'S HOW TO PREP

5 Days Before Your Procedure:

You may continue all prescription medications and/or supplements except for those listed OR modified below:

Decrease aspirin to 81 mg daily

2 Days Before Your Procedure:

Addtl Instructions: _____

Your Procedure Day:

Do not take any diabetic medication(s) this morning.
 - OR - Contact your PCP or endocrinologist for advisement.
(With the exception of any blood thinners or diabetic medications already addressed, you may take any other necessary prescription medications with small sips of water.)

Stop eating anything at _____ (eight hours prior to your scheduled **arrival** time). You may continue to have clear liquids only until the time below.

Stop drinking anything at _____ (two hours prior to your scheduled **arrival** time). **Then nothing to drink or eat and no hard candy, cough drops or gum until after your procedure!** Anesthesia guidelines for clear liquids is no more than 4 ounces of liquid 2 hours prior to arrival time.

Clear Liquid Diet **No Red or Purple, No Alcohol**

Clear Broths or Bouillon

Clear Juices

Apple or White Grape (NO pulp)

Black Coffee and Tea

NO dairy/creamer/sugar

Jello

Gelatin (NOT Pudding)

Popsicles

(NO milk or added fruit)

Powdered Drinks

Soda

(Diet or Regular)

Sports Drinks

Water/Vitamin Water

