

GENERAL PREPARATION INSTRUCTIONS

PROCEDURE DATE: _____

FOLLOW UP DATE: _____

Cypress Ambulatory Surgery Center
5016 W. Cypress St, Suite 100
Tampa, FL 33607
(813) 542-2586

St. Joseph’s Hospital
3001 W. Dr. Martin Luther King Blvd
Tampa, FL 33614
(813) 870-4000

Tampa General Hospital
1 Tampa General Cir
Tampa, FL 33606
(813) 844-7000

HOW TO PREPARE FOR THE PROCEDURE:

- If you take any of the following medications Insulin, blood thinners such as: Coumadin, Plavix, Effient, Brilinta, Pradaxa, Eliquis and Xarelto- **contact the prescribing provider at least two (2) weeks before the procedure for specific instructions.**
- **STOP** iron supplements, vitamins and herbal supplements **5 days** before the procedure
- **STOP** aspirin, Aleve, Motrin, Naproxen or Ibuprofen **5 days** before the procedure. Tylenol is OK to take
- **Continue** taking blood pressure medication up until **2 hours** before procedure.
- You must have a friend or family member over the age of 18 take you home from the facility. **NO FORM OF TAXI SERVICE IS ALLOWED.**

DAY BEFORE PROCEDURE:

NO SOLID FOOD THE ENTIRE DAY BEFORE THE PROCEDURE!

Drink **ONLY** clear liquids all day. Do not drink any liquids that are red or purple in color- cranberry juice, red grape juice.

Examples of Clear liquids: (nothing red or purple)

- Soups: broth or bouillon (beef, chicken)
- Juices: white grape, apple, white cranberry, etc
- Desserts: Jell-O, Italian ice, Popsicles, etc
- Beverages: Tea, Water, black coffee, Crystal light

DO NOT drink any milk or dairy products or any citrus drinks (orange juice, lemonade, grapefruit juice)

STOP all liquids three (3) hours prior to the procedure, including water.

ONLY take medications for blood pressure and heart with a sip of water three (3) hours prior to the procedure.

****ADMINISTRATIVE FEES**

As a courtesy to other patients who are waiting for appointments, we require that you provide us with notice of any cancellation of an appointment. Missed or cancelled appointments are subject to the following fee, which is not covered by your insurance:

Surgical Center or Hospital Procedure with less than 72 hours’ notice.....\$75

OVER THE COUNTER PREP INSTRUCTIONS:

The day before your procedure start drinking clear liquids first thing in the morning.

Purchase at the pharmacy/grocery store:

*1 bottle of Gatorade (64 ounces), or 1 box of Crystal Light packets (recommended for diabetics)

*1 bottle of MiraLax, (238 gm)

*Milk of Magnesia (Magnesium Hydroxide)

*Dulcolax (bisacodyl) 5 mg tablets

If your procedure is <u>BEFORE 12PM (noon)</u>	If your procedure is <u>AFTER 12PM (noon)</u>
1. At 5:00PM- take 4 Dulcolax tablets with at least 8 ounces of water (Alternative: Start at 3PM)	1. At 5:00PM- take 4 Dulcolax tablets with at least 8 ounces of water
2. At 5:30PM, drink 60 ml of Milk of Magnesia (Alternative: 3:30 PM)	2. At 5:30PM, drink 60 ml of Milk of Magnesia
3. At 6:00PM, mix the entire bottle of MiraLax with the bottle of Gatorade or * if you are diabetic, a pitcher of Crystal light. Shake/stir the solution until the powder is dissolved. Drink 8 ounces every 10-15 minutes until ½ of the solution is gone. (Drinking with a straw helps). (Alternative: 4 PM)	3. At 6:00PM, mix the entire bottle of MiraLax with the bottle of Gatorade or * if you are diabetic, a pitcher of Crystal light. Shake/stir the solution until the powder is dissolved. Drink 8 ounces every 10-15 minutes until ½ of the solution is gone. (Drinking with a straw helps).
4. At 1:00AM- continue to drink 8 ounces of the MiraLax solution every 10-15 minutes until the rest of the solution is gone. (Alternative: 11 PM)	4. At 6:30AM- the morning of the procedure, continue to drink 8 ounces of the MiraLax solution every 10-15 minutes until the rest of the solution is gone.

DRINK AS MUCH CLEAR LIQUID AS YOU ARE ABLE TO TOLERATE, ALL DAY!

DRINK. DRINK. DRINK

STOP drinking at least 3 hours prior to arrival time.

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