

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 insulin and/or blood thinners such as: Coumadin, Plavix, Effient, Brilinta, Pradaxa, Eliquis and Xarelto- **we will obtain clearance from your prescribing provider 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.
- **STOP** Phentermine 2 weeks before the procedure.
- **DO NOT** take Lisinopril the night before your procedure.
- **DO NOT** take ACE inhibitors or Angiotensin receptor blockers (ARBs) the day of your procedure.
- **DO** take all other blood pressure medications and beta-blockers up until **3 hours** before procedure, with a small sip of water.
- **STOP all** amphetamines (Vyvanse, Ritalin, Concerta, Adderall, etc.) **14 days** before only if your procedure is at the Cypress Surgery Center.
- You must have a friend or family member over the age of 18 to take you home from the facility. **NO FORM OF TAXI OR UBER SERVICE 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), **No dairy.**

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

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

**** 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 g)
- *Milk of Magnesia (Magnesium Hydroxide)
- *Dulcolax (bisacodyl) 5 mg tablets

If your procedure is <u>BEFORE</u> 12PM (noon)	If your procedure is <u>AFTER</u> 12PM (noon)
1. At 5:00PM- take 4 Dulcolax tablets with at least 8 ounces of water	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	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).	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.	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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