

## 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 1 week before the 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.
- If you're on any of these medications, you will have to stop **1 week prior to procedure. These medications have an increased risk of delayed gastric emptying. Semaglutide ("Ozempic", Wegovy, Rybelsus) and other glucagon-like peptide (GLP-1) receptor agonists. Other medications** in this class include dulaglutide ("Trulicity"), Liraglutide ("Victoza," "Saxenda"), exenatide ("Byetta," "Bydureon BCise"), and tirzepatide ("Mounjaro").
- 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.**
- 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

**PLENVU INSTRUCTIONS:**

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

<b>If your procedure is <u>BEFORE</u> 12PM (noon)</b>	<b>If your procedure is <u>AFTER</u> 12PM (noon)</b>
1. At 5:00PM- Pour Dose one pouch of PLENVU into 16 ounces of cold water and mix until completely dissolved. Drink slowly over 30 minutes.	1. At 7:00PM- Pour Dose one pouch of PLENVU into 16 ounces of cold water and mix until completely dissolved. Drink slowly over 30 minutes.
2. Refill the container with 16 ounces of clear liquid and drink slowly over the next 30 minutes.	2. Refill the container with 16 ounces of clear liquid and drink slowly over the next 30 minutes.
3. Continue drinking clear liquids throughout the evening until the next dose.	3. Continue drinking clear liquids throughout the evening until the next dose.
4. At 1:00AM- Pour Dose 2 (pouches A and B) of PLENVU into 16 ounces of cold water and mix until completely dissolved. Drink slowly over 30 minutes.	4. At 6:00AM- Pour Dose 2 (pouches A and B) one of PLENVU into 16 ounces of cold water and mix until completely dissolved. Drink slowly over 30 minutes.
5. Refill the container with 16 ounces of clear liquid and drink slowly over the next 30 minutes	5. Refill the container with 16 ounces of clear liquid and drink slowly over the next 30 minutes
6. Continue drinking clear liquids up until 3 hours before arrival time.	6. Continue drinking clear liquids up until 3 hours before arrival time.

**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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## (Alternative Preparation)

### **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)
- \*1 bottle of Magnesium citrate, (10 ounces)
- \*Dulcolax (bisacodyl) 5 mg tablets

If your procedure is <b><u>BEFORE</u></b> 12PM (noon)	If your procedure is <b><u>AFTER</u></b> 12PM (noon)
1. At 5:00PM- take 3 Dulcolax tablets with at least 8 ounces of water	1. At 5:00PM- take 3 Dulcolax tablets with at least 8 ounces of water
2. At 5:30PM, drink 1 (one) bottle of Magnesium Citrate	2. At 5:30PM, drink 1 (one) bottle of Magnesium Citrate
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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