

Please read all instructions before calling with questions.

**\*\*Please remember to pick up your prescription from your pharmacy..**

You have a procedure(s) at Citrus Medical Center. On \_\_\_\_\_. You must report to this facility by \_\_\_\_\_am. You will be arriving 1 hour prior due to pre-admitting for your procedure. **You will be at the surgical center for 2-3 hrs.** Please schedule accordingly for the time frame.

1. You must have a driver to bring to and home from the facility, medications will cause drowsiness, and you will not be able to drive. You may take a taxi if needed.
2. **Do not take any aspirin, coumadin, plavix, blood thinners 5 days prior to procedure.** Please discuss with Meghan if you do. You may take high blood pressure medications 2hrs prior to procedure with a small sip of water. **\*\*Tylenol ok to take\*\***Please hold other meds until after your procedure that day.
3. **DIABETICS!! TAKE YOUR PILLS AS USUAL. TAKE HALF THE USUAL DOSE OF INSULIN ON THE DAY OF THE TEST.**

**DAY OF PREP: YOU MAY HAVE A LIGHT BREAKFAST, before 9am on day of prep only. Clear liquid diet after 9 am. Please start between 4pm and 5PM**

Stay on a clear liquid diet. Drink plenty of fluids to prevent dehydration.

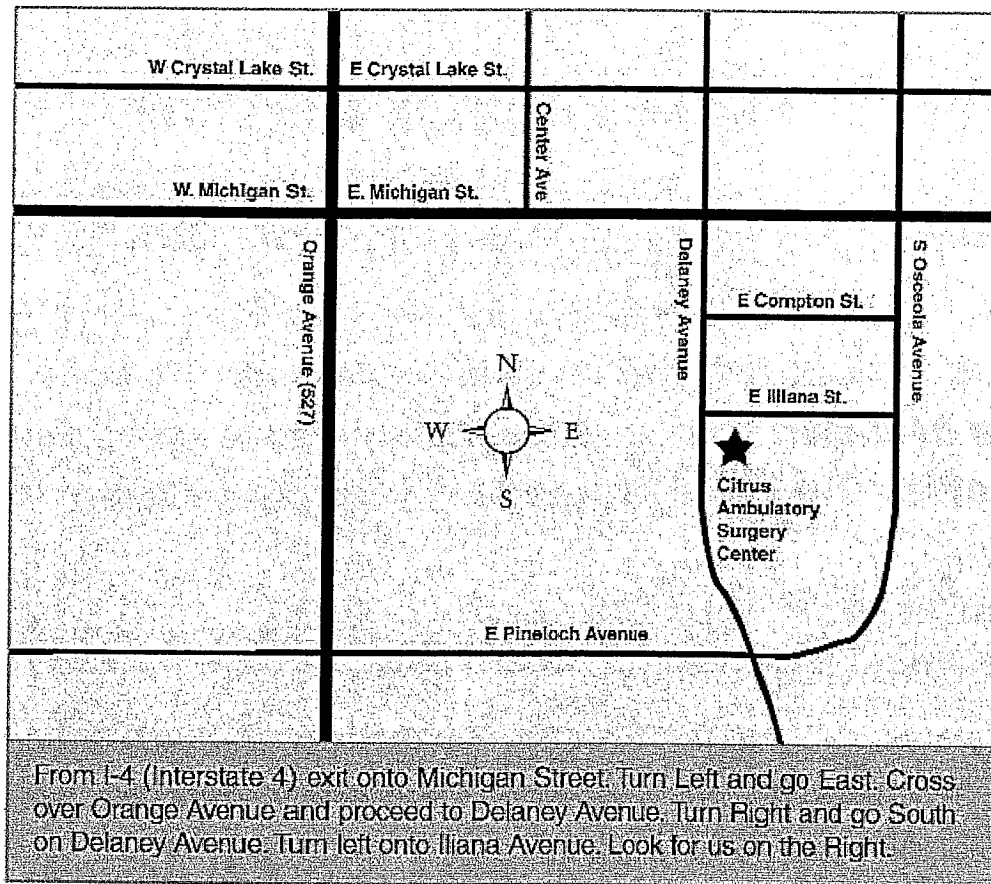
1. Prep solution—Your prescription was called to your pharm. Please remember to pick it up. Follow the instructions on the bottle to mix. Add flavoring per your liking. Drinking this liquid is best done by sipping with a straw over a 2-3 hr period. Prep does taste better cold, you must mix and drink within 24hrs. If you get nauseated take a break for 15 min or so, drink some warm liquids and resume until the bottle is finished.
2. **You need to continue to drink clear liquids throughout the day. This is very important. Stop liquids at midnight.**

**IT IS VERY IMPORTANT THAT YOU DRINK PLENTY OF LIQUIDS.** If you have not had enough liquids this will compromise the procedure and you will be asked to repeat it.. nothing to eat or drink day of procedure.

**PLEASE INFORM MY OFFICE IF YOU NEED TO CANCEL 48HRS IN ADVANCE. Call Meghan 407-851-5600 EXT 1032 if you have questions concerning the procedure.** Insurance questions: Alicia ext 1007, referral questions x 1008 or Citrus Surgical Center at 407-472-5095 for co-pay info.

Please note you will need a follow up office visit after procedure if a biopsy or polyp was taken. Please refer to your discharge papers given at your procedure.

Hours of Operation: 6:30 AM - 4:00 PM, Monday - Friday



Citrus Ambulatory Surgery Center is an outpatient, state-of-the-art facility. Our goal is to provide you with the highest quality services and cost-efficient healthcare in a comfortable and safe environment. For more information about your procedure, please contact us today. Our doctors and medical staff are here to answer any questions you may have about your procedure.

# CLEAR LIQUID DIET

\*\*\*\*\*NO RED, PINK OR PURPLE DYES\*\*\*\*\*

NO DAIRY OR DAIRY PRODUCTS

This is a mock diet for the day you do not have to follow this menu. You do need to be on a clear liquid diet after 9 am the day before your procedure.

Foods allowed:

Water, sparkling water, coffee-no milk

Gatorade (lemon, orange, clear flavors) Club soda, tea Sprite, 7up, ginger ale, mountain dew, fresca

Apple juice, white grape juice, pineapple juice (no pulp)

Broths---all flavors

Jello- orange, lemon, lime only

Popsicles (no red, blue, pink, purple)fruit flavored gelatin, clear hard candy

Sorbet (not sherbert) coconut, lemon or mango

## Sample menu choices

Breakfast

lunch

Dinner

apple juice

apple juice

lemonade

broth

broth

broth

jello

jello

sorbet

tea/coffee

tea/coffee

tea/coffee

NOTHING TO EAT OR DRINK AFTER MIDNIGHT

BEFORE YOUR PROCEDURE!!!!!!