



Failure to comply with these instructions may result in the cancellation of your procedure. Arrange for a ride home from a licensed driver after your procedure. Don't take a bus, cab, or ridesharing service unless an adult rides with you.

ONE WEEK PRIOR TO PROCEDURE:

- Discontinue taking: Vitamin E, Ginkgo, Omega 3, Fish oil, Flax seed, Ginseng, & NSAIDs (Ibuprofen, Motrin, Advil, Excedrin, Aleve). You may take Tylenol for aches or pain if necessary. ONLY if you have heart disease, you may continue your daily Aspirin.
- If taking Coumadin, Eliquis, Plavix, Pradaxa, or Xarelto, please do NOT discontinue these medications without proper authorization from our office.
- Continue taking all other prescribed medications including heart and blood pressure medications.

TWO DAYS PRIOR TO PROCEDURE

- Do NOT eat any seeded foods (seeded fruits, seeded breads, nuts, popcorn, or corn).

ONE DAY PRIOR TO PROCEDURE:

- **NO SOLID FOOD.** Clear liquid diet for breakfast, lunch, and dinner.

DO's	DON'TS
<u>Apple Juice, Clear Soda,</u> <u>Beef, Chicken or Vegetable Broth (Liquid Only)</u> <u>Coconut Water (No Shavings),</u> <u>Black Coffee, or Tea (No Cream),</u> <u>Jell-O or Gatorade (No Red or Purple).</u>	<u>SOLID FOOD</u> <u>Apple Sauce, Eggs, Soup, Oatmeal,</u> <u>Orange, Grapefruit, or Pineapple Juice,</u> <u>Milk or Dairy Products,</u> <u>Malt, Alcoholic Drinks.</u>

- At 6 PM fill the Golytely/Peg-3350 with water to the indicated line on the side of the bottle and shake well, then drink half of the gallon (one 8oz glass every 10-15 mins). You may continue a clear liquid diet.
- At Midnight drink the other half of the gallon prep (one 8oz glass every 10-15 mins).
- **DO NOT DRINK OR EAT ANYTHING ELSE AFTER.**

ON THE DAY OF THE PROCEDURE:

- **DO NOT DRINK OR EAT ANYTHING.**
- Please take all heart or blood pressure medications with a small sip of water.
- Do not take diabetic medication the morning of your procedure.
- Please bring all your medications with you to the facility.

■ Memorial Hospital
Pembroke
7800 Sheridan St
Pembroke Pines, FL 33024
(954)883-8282

■ SurgiCare of Miramar
14601 SW 29th St
Suite 301
Miramar, FL 33027
(954)266-3801

■ Weston Outpatient
2229 N. Commerce Pkwy
Weston, FL 33326
(954)703-3000

Procedure Date: _____

Time of Arrival: It will be determined by a nurse who will call you one day prior. We advise all patients to take the day off from work/school.

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT OUR OFFICE AT (954)874-7900 OR EMAIL US AT HELPDESK@DRMOURA.COM

FOR CANCELLATIONS OR TO RESCHEDULE PLEASE CONTACT US AT LEAST 3-BUSINESS DAYS IN ADVANCE TO AVOID A \$75 CANCELLATION FEE!