

## **Pre-procedure instructions**

Unless your doctor instructs you to do otherwise, you should follow the following instructions prior to your procedure.

- If you have a procedure scheduled in the morning, you are not to eat any solid food after the midnight prior to the procedure. You can have plain juice up to 3 hours prior to your procedure.
- If you have a procedure scheduled in the afternoon, you may have breakfast until 8:30 am and/or plain juice up to 3 hours prior to your procedure.
- You can take all your prescription medications at their usual time with a sip of water unless you are instructed otherwise.
- **If you have diabetes** and are on insulin, do not take any long acting insulin on the day of the procedure. The regular (e.g. short acting) insulin may be taken on a sliding scale basis only. Patients who take any oral pill, for example Glucophage must not take that on the day of the procedure if they have been instructed not to eat on the day of the procedure. Please consult your physician regarding this if you have any questions.
- If you are on regular **Aspirin**, you should stop taking it 5 days prior to your procedure. Other **anti-inflammatory medications** such as Motrin, Naprosyn, Voltaren, Relafen, etc. should be stopped at least 48 hours prior to your procedure. If you have any questions, please call the clinic for instructions.
- **If you are taking any other anticoagulants (blood thinners) such as Coumadin or Plavix ask your physician for specific instructions.**
- If your procedure requires light sedation, you must have a ride back home, as you will not be allowed to drive yourself home.