# **Text  Description automatically generated with medium confidence Instructions for Your Procedure**

## INSTRUCTIONS:

* **For the entire day before your procedure until after the procedure is finished, avoid all solid foods!**  You must follow a clear liquid‐only diet (**see below**).
* **DO NOT** have anything to eat or drink **after 12:00 MIDNIGHT the day before** your procedure or the morning of your procedure unless told otherwise by your doctor. This includes gum or candy in the mouth.
* **You must arrange transportation to/from your procedure.** You will receive IV sedation for your procedure; *therefore, you will not be permitted to drive for the remainder of the day.*

## SPECIAL INSTRUCTIONS:

* You may brush your teeth before the procedure.
* **MEDICATION INFORMATION**
	+ **Stop taking** all vitamins and oral medications containing iron one week prior to your procedure.
	+ Continue all other medications, unless you are told otherwise by your doctor.

* + Red/purple colored medications are ok to take the day before the procedure.
	+ **DO NOT** take your insulin before the procedure **BUT bring it with you** and it will be given to you after the procedure is completed.
	+ You will need to avoid Coumadin, Aspirin, or other blood‐ thinning medications (for example, Motrin, Advil, Ibuprofen, Aleve) for 5 days before your procedure.

**The Clear Liquid Diet**

**YOU MAY HAVE:**

* + Only light or clear‐colored liquids; **nothing** **RED**, **ORANGE** or **PURPLE. NO SOLID FOODS.**
	+ Water, Coconut water
	+ Fruit juices **without** pulp – apple, white grape juice, lemonade (no orange juice or red or purple juices)
	+ Clear broth or any flavor bouillon
	+ Gatorade, Kool‐Aid, Crystal‐lite, Vitamin Water (clear, not red or purple)
	+ ONLY clear soda and iced tea, regular or diet (i.e. Sprite, 7-up or seltzer; nothing red or purple)
	+ Jell‐O gelatin **without** added fruit or toppings (lemon or lime flavor - not red or purple)
	+ Popsicles, ices or sorbet (lemon, peach, or mango; not red or purple)
	+ Honey, sugar, and clear hard candies
	+ Tea or coffee **without** milk, cream, or non‐dairy creamers.

## YOU MAY NOT HAVE:

* + SOLID FOOD or any kind.
	+ Dairy products (regular milk, soy milk, rice milk) or non‐dairy creamers
	+ Smoothies or Blended fruit or vegetable drinks

**You must arrive ONE HOUR before your procedure time which is scheduled for:**

Patient’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date/Time of Procedure\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Place of Procedure: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To get your test results you will need to call the office and set up a follow-up appointment for 2 weeks after your procedure. ***We do not give test results over the phone unless directed by the doctor.***

**If you have any questions regarding your procedure, please call the office at:**

* **Belleville Office: 973-759-7240**
* **Jersey City Office: 201-915-2915**