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| **3 days to procedure** | **Review your prep instructions thoroughly. Review medication changes/restrictions starting today.**  Confirm arrangements with your **driver**. |
| **1 day to procedure** | **NOTHING TO EAT AFTER MIDNIGHT. CLEAR LIQUIDS UP TO 6 HOURS PRIOR TO PROCEDURE.****Prep at a Glance**Detailed, step-by-step instructions continue on page 2.  |
| **Procedure Day** | **NOTHING TO EAT AFTER MIDNIGHT. CLEAR LIQUIDS UP TO 6 HOURS PRIOR TO PROCEDURE.**No Gum or hard candy | you MAY brush your teeth but DO NOT swallow.NO PAIN KILLERS, SEDATIVES OR ALCOHOL IN ANY FORM.Detailed instructions on page 2. *\*If you take blood pressure, cardiac, seizure and thyroid medication, you may take it with SMALL SIPS OF WATER ONLY, no later than 7 am the day of procedure. DIABETICS – Do NOT take your medicine or insulin the day of procedure. Check your blood sugar and bring your diabetic meds to facility.* |

**The following instructions are your physician’s specific instructions. Please follow the instructions carefully to ensure a successful prep.**

You can reach Your Patient Advisor with non-medical prep questions at: **800.349.0285**

You can reach your physician’s office at: **732.840.0067**

**Special Notes:** If you take blood thinners, your doctor will advise you if they need to be stopped for your procedure.

If you are diabetic, please check with your doctor for helping to manage your blood sugar on your prep day. Do NOT take your diabetic medicine or insulin the day of procedure. Check your blood sugar and bring your diabetic meds to the facility.

**PREP WEEK AT A GLANCE**

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| Prep Day: The day before your procedure |
| Step 1 |  | You may have a regular diet the day prior to your procedure.**NOTHING TO EAT AFTER MIDNIGHT. CLEAR LIQUIDS UP TO 6 HOURS PRIOR TO PROCEDURE.** |  |
| Prep Day: The day of your procedure |
| Step 2 |  | **NOTHING TO EAT AFTER MIDNIGHT. CLEAR LIQUIDS UP TO 6 HOURS PRIOR TO PROCEDURE.**No Gum or hard candy | you MAY brush your teeth but DO NOT swallow.NO PAIN KILLERS, SEDATIVES OR ALCOHOL IN ANY FORM.Detailed instructions on page 2. *\*If you take blood pressure, cardiac, seizure and thyroid medication, you may take it with SMALL SIPS OF WATER ONLY, no later than 7 am the day of procedure. DIABETICS – Do NOT take your medicine or insulin the day of procedure. Check your blood sugar and bring your diabetic meds to facility.* |