

## **THE DAY BEFORE YOUR PROCEDURE**

**HAVE ONLY CLEAR LIQUIDS THE ENTIRE DAY BEFORE YOUR PROCEDURE. IT IS VERY IMPORTANT TO CONTINUALLY DRINK LIQUIDS THROUGHOUT THE DAY. FAILING TO DO SO CAN CAUSE AN INCOMPLETE EXAMINATION.**

### **NO SOLID FOOD, ALCOHOL, MILK OR MILK PRODUCTS**

**CLEAR LIQUIDS INCLUDE THE FOLLOWING:**

- **WATER, GATORADE, CRYSTAL LIGHT OR ANY CLEAR LIQUIDS**
- **STRAINED FRUIT JUICES WITHOUT PULP**
- **COFFEE OR TEA ( NO CREAMERS OR MILK )**
- **CLEAR CHICKEN, BEEF OR VEGETABLE BROTH**
- **CARBONATED AND NON-CARBONATED SOFT DRINKS**
- **JELL-O OR POPSICLES NO RED OR PURPLE IN COLOR!!!!!!**

**DON'T TAKE ANY ANTI-INFLAMMATORIES FOR THREE DAYS PRIOR TO YOUR PROCEDURE. THIS INCLUDES ALEVE, MOTRIN, IBUPROFEN, ADVIL, ULTRAM, NAPROSYN, NUPRIN, LODINE, EMPRIN, VITAMIN E, ST. JOHN'S WORT OR GINKO BILOBA. TYLENOL IS O.K. TO TAKE.**

**IF YOU TAKE ASPIRIN, COUMADIN, TICLID OR PLAVIX YOU MUST LET YOUR DOCTOR KNOW AS SOON AS POSSIBLE. OBTAIN CLEARANCE IF YOU ARE TO STOP YOUR MEDICATION OR IF YOU SHOULD CONTINUE TAKING IT. IT IS VERY IMPORTANT TO SPEAK TO YOUR CARDIOLOGIST BEFORE YOU STOP ANY MEDICATION.**

**IF YOU HAVE ANY QUESTIONS OR NEED TO RESCHEDULE YOUR APPOINTMENT PLEASE CALL US AT (310) 539-2055**

**ANNA**

**ISELA**

**LIZ**

**Ext 705**

**Ext 704**

**Ext 703**