



Dear _____

Your procedure has been scheduled at:

**Adirondack Medical Center
2233 State Route 86
Saranac Lake, NY 12983**

Your procedure is scheduled on ____/____/____ with Dr. Michael A. Hill.

Important Instructions:

- **Do Not Eat or Drink** anything after midnight the night before your procedure.
- Avoid aspirin containing medication 5 days prior to procedure.
- Avoid anti-inflammatory medications such as Advil, Motrin, Aleve, ibuprofen and Excedrin. A list of medications to avoid is enclosed.
- **If you are taking ASPIRIN, COUMADIN or PLAVIX** prescribed by another physician, please consult with your cardiologist or primary care physician about discontinuing these 5 days prior to procedure. If you have any questions regarding specific medication, please call the prescribing doctor's office so they can advise you.
- For management of headaches or minor aches and pain, Tylenol may be taken up until the night before your scheduled procedure.
- You will need to make arrangements for transportation as you will be unable to drive yourself home. The amount of time that you will be there varies from two hours or more.
- **ENCLOSED, YOU WILL FIND A PRESCRIPTION AND DIRECTIONS FOR YOUR BOWEL PREPARATION. PLEASE READ ALL DIRECTIONS. IF YOU HAVE ANY QUESTIONS, OR NEED TO CANCEL, PLEASE CALL THE OFFICE AT (518)891-1610.**

MoviPrep/OsmoPrep

A bowel prep is done to clear the bowel of all solid matter. Its purpose is to prepare the bowel for surgery or a procedure. Please follow these instructions. Begin the bowel prep one day before your scheduled procedure.

TO PREPARE

Tell your doctor if you have diabetes or take blood thinners. You may need to stop some of your medications a few days before your scheduled procedure.

THREE DAYS PRIOR TO THE PROCEDURE: Do not take iron pills or anti-inflammatory drugs (list provided). Coumadin is usually stopped 4 days prior to your procedure.

(DO NOT DISCONTINUE PRESCRIBED MEDICATION WITHOUT CONSULTING YOUR PHYSICIAN).

TWO DAYS PRIOR TO THE PROCEDURE: Try to eat a low residue diet (avoid seeds, popcorn, corn, fibrous vegetables). Discontinue fiber supplements such as Metamucil, Citrucel, Fibercon, etc.

ONE DAY PRIOR TO THE PROCEDURE:

1. **Clear liquid diet only** (see next page*). You may have a light breakfast.
2. Do not eat or drink anything after 12 midnight unless your procedure is scheduled after 12 noon the next day. You may gargle, but do not swallow any liquid. Do not smoke after 12 midnight.
3. **Beginning at 6:00pm, take the first regimen as instructed.**
4. **At 11:00pm (or 5:00am the day of your procedure, ONLY if scheduled for 12 noon or later), take the second regimen as instructed.**

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- You will be receiving sedation for your procedure and must arrange for someone to escort you home
 - You will not be able to drive yourself. If these arrangements have not been made, your procedure will need to be rescheduled. This is a hospital (facility) requirement.
 - The procedure and recovery time will take approximately 2 to 3 hours and you will need to arrive one hour prior to your scheduled procedure.
 - If your insurance company requires a referral from your primary care physician or prior approval for the procedure, it is your responsibility to obtain this prior to your procedure.
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Clear Liquid Diet

- Soups:** Clear Bouillon or Broth
- Beverages:** Tea, Coffee, Kool-Aid, Carbonated Beverages, Gatorade, PowerAde. Do not use cream or milk in your coffee or tea.
- Juices:** Cranberry, Apple, Grape, Lemonade, Orange. (any drink you can see through is acceptable, NO PULP).
- Dessert:** Ice, Italian Ice, Popsicles, Jell-O
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- **DO NOT TAKE THE FOLLOWING MEDICATIONS 5 DAYS PRIOR TO PROCEDURE UNLESS SPECIFIED BY YOUR PHYSICIAN.**

- *If you have any questions about medication that you are currently taking, please contact your physician before discontinuing.*

COMMON MEDICATIONS THAT MAY INCREASE BLEEDING

ALEVE	COPE	GINKO BILOBA	RELAFEN
ALKA SELTZER	COUMADIN	HALLPRIN	ROXIPRIN
ADVIL	DARVON	HYALGAN	SALFU-X
ALCOHOL	DAYPRO	IPBUPROFEN	SARAPIN
ANACIN	DICLOFENAC	INDOCIN	SINE-OFF ASPIRIN FORMULA
ANAPROX	DISALOID	LODINE	SKELAXIN
ANAPROXEN	DOAN'S PILLS	MEPERIDINE	SOMA
ANSAID	DOLOBID	MICRAININ	SYNALGOS CAPS
APC	DRISTANS DECONGESTANT TAB	MIDOL	TALWIN
ASPIRIN	EASPIRIN TAB	MOBIC	TOLECLIN
BAYER	ECOTRIN	MOTRIN	TORADOL
BC POWDER	EMPIRIN	NALFON	TRILISANLES
BUFFERIN	EMPRAZIL	NAPROSYN	VICOPROFEN
BUFFEX	EQUAGESIC	NORGESIC	VITAMIN E
BRUFEN	EXCEDRIN ALL PRODUCTS	NUPRIN	VIOXX
CELEBREX	FELDENE	ORUDIS	VOLTAREN
CEPHALGESIC	4 WAY COLD TABLETS	OS-CAL-GESIC	WARFARIA
CLINOPRIL	FLEXERIL	PERCODAN	ZOMAX
CLOPIDOGREL	GEMNISYN	PLAVIX	ZORPIRIN

PLEASE NOTE: Over-the-counter herbal supplements, such as **Green Tea, St. John's Wort, Ginseng, Ephedra, Ginko Biloba, Fish Oil, Ginger, Garlic, Kava and Valerian**, may interfere with the success of your surgery. If you are taking ANY over-the-counter herbal medication, please discontinue 7 days prior to your scheduled surgery or consult with your physician.