

Instructions for Clear Liquids ONLY day before Surgery

Important: Please read prior to your procedure.

1. Five days prior to your procedure, you should avoid the following foods: Seeds, Nuts, Popcorn, Peanuts, Corn, Peas, Apples, Raspberries, Strawberries, Cucumbers or Tomatoes
2. You WILL NOT be eating solid food on the day before your procedure. You will be on a CLEAR LIQUID DIET ONLY, the day before your scheduled procedure.

Examples of clear liquids:

- Water
- Chicken/Vegetable/Beef Broth
- Jell-O (nothing red or purple)
- Popsicles (nothing red or purple)
- Clear Soda
- Black coffee or tea (no cream or Milk)
- Apple juice or White Grape Juice
- Crystal Light (nothing red or purple)
- Gatorade (nothing red or purple)

3. You must drink plenty of fluids the day prior to your procedure. This will ensure you are staying hydrated.
4. Blood thinners such as **Asprin, Warfarin, Eliquis, Xarelto, Pradax, and Plavix will need to be stopped 5 days prior to your procedure.** Please contact the prescribing doctor to let them know you will be off your medication. You will resume your blood thinner the day after your procedure. **Also avoid Aleve, Ibuprofen, Naproxen, Meloxicam five days prior** to your procedure. **Tylenol is OK.**