



OhioHealth Surgical Specialists

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Please read carefully – Failure to follow these instructions EXACTLY as written may result in your procedure being canceled when you arrive at the hospital.

Please report to Main Registration at GRADY MEMORIAL HOSPITAL one hour before your scheduled procedure. You must have a responsible driver accompany you to and from your appointment. If you are unable to arrange a responsible driver you will need to reschedule your appointment. Driving yourself, walking, or taking a cab or a bus home is prohibited. Driving is prohibited for 24 hours after your procedure.

Seven (7) days prior to your procedure:

You will need to discontinue any Aspirin, Ibuprofen, Naproxen, Coumadin, Warfarin, Plavix, Pletal, Vitamin E, Fish Oil and Iron unless advised otherwise by our office. If you haven't already done so, please notify us of any heart, blood pressure, seizure, diabetic, or breathing medications you are currently taking. We will also need to know at this time if you require antibiotics prior to any invasive procedures such as dental work or if you have had any joint replacements. Failure to notify our office may result in a delay of your procedure.

Two (2) days prior to your procedure:

Purchase Miralax (238 gram bottle) and 1 small bottle of Dulcolax **laxative** tablets.

The day before your procedure:

- NO SOLID FOODS. No beer, wine, milk, or milk products. Upon waking begin drinking clear liquids.
- At 12:00 Noon: Take 2 Dulcolax laxative tabs with 8 ounces of clear liquids.
- At 2:00 pm Mix the entire bottle of Miralax into 64 ounces of either Gatorade or Crystal Light (NO RED or PURPLE). Shake the solution until fully dissolved. Drink an 8 ounce glass every 30 minutes until the solution is gone.
- At 5:00pm: Take 2 Dulcolax laxative tabs with 8 ounces of clear liquids.

- It is very important that you drink clear liquids throughout the day. Please drink 8-10oz of fluids EVERY hour the day before your procedure. CLEAR LIQUIDS ONLY!
- Clear liquids include water, clear fruit juices, chicken and beef broth, plain jell-o, popsicles, Gatorade, coffee/tea (no cream), 7-up, ginger ale, and sprite.
- Please avoid any RED and PURPLE colored products.

NOTHING BY MOUTH AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE.

The morning of your procedure:

DO NOT EAT OR DRINK ANYTHING THE MORNING OF YOUR PROCEDURE. Unless directed otherwise, take any heart, blood pressure, seizure, or breathing medications that you normally take in the morning at least 2 hours prior to your procedure time. TAKE WITH A SMALL SIP OF WATER ONLY. If you are diabetic, please test your blood sugar.

Please complete the included paperwork and take it with you the day of your procedure. You **MUST** bring a copy of your medication list with you to your procedure. If there is any reason you are unable to make this appointment or if there is anything about these instructions that you do not understand, please call our office immediately.

Thank you,
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