

DO THESE THINGS 5 DAYS BEFORE THE PROCEDURE

- **Arrange a ride:** you will be given medicine that makes you relaxed and sleepy, so you cannot drive a car. The medication also has amnesic effect.
- **Stop taking Pepto-Bismol or Iron Supplements**
- **Stop taking oil-based vitamins** such as Vitamin E, Fish Oil, Flax Seed oil
- **Stop taking Ibuprofen (Advil, Motrin), Naproxen (Aleve). Tylenol is OK**
- **Inform your Doctor if** you have sleep apnea, a pacemaker, internal defibrillator, an artificial heart valve or joint replacement within the last 6 months. •
- **Inform your Doctor if you are diabetic, or if you are on blood thinners** such as Plavix, Ticlid, Coumadin or Warfarin, Pradaxa, Xarelto, Eliquis, Effient, Aggrenox

DO THESE THINGS 3 DAYS BEFORE THE PROCEDURE

- **Confirm your ride**
- **If you need to cancel your appointment,** please call (425) 831-3537

DO THESE THINGS 3 DAYS BEFORE THE PROCEDURE

- **Take** your normal medications
- **Eat** a normal diet today
- **No alcoholic beverages**

DO THESE THINGS AT MIDNIGHT BEFORE THE PROCEDURE

- **DO NOT eat anything after midnight**
- **You may have clear liquids up until 4 hours before your procedure. No red or purple dyes.**
- If you put a liquid in a clear glass, and you can see thru, it is OK to drink.
- **Clear Liquid can include:**
 - Bouillon or broth
 - Apple Juice
 - Soda Pop or sports drink like Gatorade
 - Popsicles or Jell-O

DO THESE THINGS ON THE DAY OF THE PROCEDURE

- **Take** your normal medications with a sip of water
- **DO NOT** consume anything, not even water, within 4-hour period prior to the procedure
- **Have your escort/driver bring you to your appointment.**
 - If you do not have an escort, the procedure will be rescheduled.

DO THESE THINGS ON THE DAY OF THE PROCEDURE

- **NO DRIVING** a vehicle for the remainder of the day, but it is ok at 0800 a.m. the following day
- **DO NOT** consume alcohol or sedatives 24 hours after the procedure
- **If you have** biopsies you will need to avoid aspirin, aspirin related products and blood thinners for 24 hours

Please call 425-831-3537 with ANY questions or concerns!