

DO THESE THINGS 5 DAYS BEFORE THE PROCEDURE
<ul style="list-style-type: none"> • 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
<ul style="list-style-type: none"> • Confirm your ride • If you need to cancel your appointment, please call (425) 831-3537
DO THESE THINGS 3 DAYS BEFORE THE PROCEDURE
<ul style="list-style-type: none"> • Take your normal medications • Eat a normal diet today • No alcoholic beverages
DO THESE THINGS AT MIDNIGHT BEFORE THE PROCEDURE
<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> ○ 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
<ul style="list-style-type: none"> • 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. <ul style="list-style-type: none"> ○ If you do not have an escort, the procedure will be rescheduled.
DO THESE THINGS ON THE DAY OF THE PROCEDURE
<ul style="list-style-type: none"> • 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!