

On THE DAY BEFORE your surgery:

1. Begin a CLEAR LIQUID diet: clear soups or broth, bullion, jello, soda pop, black coffee or tea, clear fruit juice. NO MILK or DAIRY products.
2. Take any routine medications.
3. Have nothing to eat or drink (including water) after midnight until after your surgery is completed.

On THE DAY OF surgery:

1. You may take your usual medications with a small amount of water.
2. No breakfast.

** For SEVEN DAYS prior to surgery, NO ASPIRIN PRODUCTS. You may take Tylenol.

** For TWO DAYS prior to exam, DO NOT eat foods with seeds.

** If you are a diabetic or on blood thinning medication such as Aspirin, Coumadin, Motrin, Nuprin, Advil or other antiinflammatory drugs, inform the doctor NOW.