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PROCEDURE DATE: \_\_\_\_\_ MATHER

**ADVANCED SURGERY CENTER OF LONG ISLAND (ASCLI)**

\*If you need to **cancel** your procedure, please let us know **as soon as possible\***

**LIDDC: MIRALAX (POLYETHYLENE GLYCOL) WITH  
GATORADE INSTRUCTIONS**

**\*\*FOLLOW THESE INSTRUCTIONS – NOT THE PREP KIT INSTRUCTIONS\*\***

**A. MORE THAN TWO WEEKS BEFORE YOUR PROCEDURE:**

Inform the office at 631-751-8700 IF:

1. You are **diabetic**
2. You are **allergic to latex**
3. You take **blood thinning products** (Coumadin, Plavix, Aggrenox, Pradaxa, Pletal, Brilinta, Ticlid, Trental, Effient, Xarelto, Eliquis)
4. You have a **prosthetic heart valve**, a history of **endocarditis**, **vascular graft**, **prosthetic joint replacement within the last 12 months**. You may need antibiotic coverage for your procedure
5. **Ensure you have a responsible party take you home from the procedure.** We may cancel the procedure if you do not have a responsible party to take you home
6. **You will be called by the surgery center (ASCLI) with your arrival time two days prior to procedure**

INSTRUCTIONS CONTINUE ON REVERSE SIDE

## **B. ONE WEEK BEFORE YOUR PROCEDURE**

1. Do not take iron, iron-containing compounds, Vitamin E, fish-oil, Advil, Motrin, ibuprofen, Aleve, and Naprosyn. You must take Tylenol (acetaminophen)
2. If you are taking aspirin 81 mg/day (baby aspirin) you should *CONTINUE* this unless otherwise instructed
3. **Bloodwork** should be done **7-14 days prior** to the procedure

**\*\*Do not take ANY GLP 1 agonist that is dosed on a weekly basis within 7 days before your procedure. Failure to comply will result in your procedure being cancelled. The GLP 1 agonists include the following: Mounjaro, Zepbound, Ozempic, Wegovy, Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adylyxin and Semaglutide. If you are taking an oral GLP 1 agonist (ex. Semaglutide pill), do not take it on the day of your procedure!\*\***

## **C. THE DAY BEFORE YOUR PROCEDURE: *DO NOT EAT SOLID FOOD!***

**\*\*If your procedure is scheduled in Mather Hospital, call 631-476-2717 the evening before your scheduled procedure for your arrival time.**

1. **DO NOT EAT SOLID FOOD. YOU CAN ONLY HAVE CLEAR LIQUIDS!**  
Drink at least 8 glasses of clear liquids. These fluids should **not be RED or PURPLE** (ex. Apple juice, water, clear broth or bouillon, Gatorade, Snapple, carbonated soda, Jello, ice popsicles, black coffee, black tea [sugar/sweetener is allowed, NO milk/creamers]).
2. You **cannot** have orange juice or other liquids you cannot see through.
3. It is very important that you stay well hydrated.

**MIRALAX INSTRUCTIONS:** Call the office at 631-751-8700 if you have problems or questions about the prep

1. **At 3pm** take **4 tablets of Dulcolax** (available over the counter)
2. **At 5pm**, mix the 8.3 oz. (238g) bottle of MiraLAX **OR** 225g of Polyethylene glycol with 64oz. Gatorade or Crystal Light beverage.
  - Shake the solution until the MiraLAX has dissolved. Drink **8 oz. every 10-15 minutes** until you have finished the entire solution. Continue clear liquids until bedtime. Remain close to toilet facilities.

## **D. THE DAY OF YOUR PROCEDURE: *DO NOT EAT ANY FOOD!***

1. **Do not eat solid food on the day of your procedure.** No gum or candy.

2. You may not drink anything less than 6 hours before your procedure.
3. You may brush your teeth
4. Take your morning medications with a sip of water as directed by your physician
5. Wear loose fitting clothes. Do not wear contact lenses, jewelry, or make-up. Remove tongue piercings.
6. Bring your **inhalers & glasses case** with you
7. Contact the office if you have questions or your physical condition changes (cold, fever, illness) at 631-751-8700
8. We may **cancel your procedure if you do not have a driver to take you home**. Your driver will need to sign your discharge papers. You may **resume your normal diet** after the procedure. You may **not drive for the rest of the day/night**. You may **resume normal activities** the next day.