

B. THE DAY BEFORE YOUR PROCEDURE:

If your procedure is scheduled in the **hospital**, **call the evening before** for your arrival time.

- Mather Hospital (631) 476-2717
- St Charles Hospital (631) 474-6441

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. You **may drink only clear liquids** (liquids you can see through) **up until 6 hours before your procedure. Do not drink anything less than 6 hours before your procedure.** These fluids should **not be RED or PURPLE.** Examples include: apple juice, water, clear broth or bouillon, Gatorade, Snapple, carbonated soda, jello, ice popsicles, black coffee, black tea. (sugar or sweetener is allowed - but NO milk/creamer) than 6 hours before your procedure.
2. You may brush your teeth.
3. Take your usual morning medications with a sip of water.
4. Wear loose fitting clothes. Do not wear contact lenses, jewelry or make-up. Remove tongue piercings.
5. Bring your **inhalers** with you. Bring your **glasses case** with you.
6. Contact the office if you have questions or your physical condition changes (cold, fever, illness) (631) 751-8700.
7. We may **cancel the 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.