



7566 N La Cholla Blvd Suite "B" Tucson, AZ 85741

HET Ablation Prep

- Discontinue medications that may thin your blood 5 days prior to the procedure. Including: aspirin, ibuprofen, vitamin E, and fish oil.
- Purchase over the counter: 2 (water base) fleet enemas. Administer each rectally and hold each as long as possible for best results.

Night Prior to the Procedure:

- 1st enema night before procedure at bed time.
- Your stomach needs to be empty for this procedure.
- No solid food after: Midnight.
- Approved clear liquids only.
- Do not have anything: purple, red, or orange in color.

Approved Clear Liquids:

- Clear bouillon or broth.
- Tea, coffee (without milk or cream)
- Crystal Light, Gatorade & Sports Drinks
- Carbonated drinks (including dark colas)
- Apple & White grape juice
- Popsicles & Jell-O

Day of Procedure:

- 2nd enema the morning of at _____
- Driver **must** be present at check in and is required to stay for procedure duration in surgery waiting area.
- Patient may use a medical taxi or transportation provided through insurance.
- Bring current medication list.
- Take medications for: heart, blood pressure, pain, asthma, anxiety, seizure, and thyroid. Do not take diabetic medications.

You may have clear liquids until _____. Nothing by mouth after this time including: water, tobacco, gum, cough drops, and hard candies.

Procedure scheduled on: _____ Check in to **ADI** at _____

Note: Should additional questions arise concerning your upcoming procedure, please call 742-4139 and ask for the Procedure Scheduling department.