

# BLOOD THINNING MEDICATION LIST

Please read the instructions and lists below thoroughly. If you have any questions, please contact our office at 813-653-3359, Option 7.

**The list of medications below are to be held 5 days prior to your procedure:**

- Aspirin
- Ibuprofen
- Advil
- Aleve
- Motrin
- Naproxen
- Meloxicam
- Tolmetin
- Indomethacin
- Sulindac
- Piroxicam
- Diclofenac
- Etodolac
- Advil Migraine
- Tylenol Migraine
- Excedrin Migraine
- Generic Migraine
- Celecoxib
- Any medication that has aspirin or aspirin type products in it

• You can take Tylenol (Acetaminophen)

**Please follow these instructions unless directed differently by your provider.**

- Aspirin: Hold for 5 Full Days Prior To Procedure
- Coumadin: Hold for 5 Full Days Prior To Procedure
- Pradaxa: Hold for 2 Full Days Prior To Procedure
- Xarelto: Hold for 1 Full Day Prior To Procedure
- Eliquis: Hold for 1 Full Day prior to Procedure

**The following medications DO NOT need to be held unless directed to do so by provider.**

- Effient
- Plavix
- Brilinta

# CLEAR LIQUID DIET

## IMPORTANT

- You are to adhere to a strict clear liquid diet, which will begin based on the type of prep you have been instructed to follow by the provider. Please see your prep instruction sheet for those instructions.
- **NO SOLID FOODS**
- Hydration is very important and is also a part of the prep. Make sure to hydrate before, during, and after the prep.

## YOU MAY HAVE THE FOLLOWING ITEMS

- **Beverages:**
  - Tea (black or sugar only)
  - Coffee (black or sugar only)
  - Carbonated Beverages (Ginger-Ale, Sprite, 7-Up)
  - Apple or White Grape Juice
  - Crystal Light (No red, blue, or purple)
  - Gatorade/Powerade (No red, blue, or purple)
  - Water
- **Soups:**
  - Chicken OR Beef -- Broth OR Bouillon
  - Soups can be homemade or canned, but they **MUST BE STRAINED**; You may only consume **BROTH**, no solid food particles.
- **Desserts:**
  - Jello (No red, blue, or purple)
  - Popsicles (No red, blue, or purple)

## YOU MAY NOT HAVE THE FOLLOWING

- **NO RED, BLUE, OR PURPLE LIQUIDS**, such as Tomato, Cranberry, Purple Grape Jello, Gatorade, or Popsicles
- **NO MILK OR DAIRY PRODUCTS**: Cream, Ice-Cream, Ensure, Boost, Slim Fast or Protein Drinks
- **NO CITRUS JUICES**: Orange, Grapefruit, or Lemonade
- **NO ALCOHOL OF ANY KIND**

### **Sample Menu**

**Morning:** White Grape Juice, Chicken Broth, Clear Tea or Coffee

**Mid-Morning:** Jello

**Noon:** Apple Juice, Beef Broth, Plain Jello, Clear Tea or Coffee

**Evening:** White Cranberry Juice, Beef Broth, Plain Jello, Clear Tea or Coffee

**Bedtime:** Popsicles