

Pre-Procedure Patient Instructions

Clear Liquid Diet

The clear liquid diet is used for brief periods of time when it is necessary to minimize the amount of fecal material in the colon. You must complete the entire prep to ensure the most effective cleansing. If waste is left in the colon, the physician cannot see the colon properly. This could lead to a longer and potentially inaccurate exam, which may necessitate a second exam. There are often questions about what you can and can't have when on a Clear Liquid Diet. Here are some answers.

On the day before your procedure, after noon...

- No solid food, clear liquids ONLY.
- DO NOT drink milk.
- DO NOT eat or drink anything colored red or purple.
- DO NOT drink alcoholic beverages.

ALLOWED

Very Important: Consume a lot of these. They help the laxative to work better!

Beverages:

- Regular or Decaffeinated Tea or Coffee (without dairy products or dairy substitutes)
- Carbonated beverages
- Kool-Aid (all flavors, except red)
- Gatorades® and sport drinks (except red)
- Fruit Juices (Apple, Cranberry, Grape, Cranapple)

Desserts:

- Jell-O (except red jello — Do not add fruit, vegetables or dairy products)

Miscellaneous:

- Popsicles (plain, not creamy or fruity)
- Sugar
- Honey
- Broth or Bouillon
- Sherbet (no red)

NOT ALLOWED

- NO dairy products or dairy type substitutes.
- NO meat, including beef, pork, chicken, fish, turkey, etc.
- NO vegetables.
- NO breads, cereals, pasta products, rice, etc.
- NO fruits (except juices).

Heart medications, blood pressure pills and medications for lung problems may be taken with small amounts of water the morning of the procedure. Other medications may be taken after the procedure.

Please notify the doctor if:

- You are taking Coumadin®(warfarin), aspirin or arthritis medications. These medications need to be discontinued 4 days before this procedure.
- You eat products containing “Olestra” or “Olean”. These products are found in some snack foods such as potato chips and other fat-free foods. These need to be stopped one week before your procedure.
- You have an artificial joint, heart valve replacement, defibrillator or pacemaker.
- You are taking any herbal preparations.