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Board Certified in Gastroenterology

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----- LIQUID DIET -----

Begin drinking your liquids the morning before your procedure, when you wake up!!!

Remember---NO solid FOOD!!!

***** ALLOWED LIQUIDS *****

- ❖ BROTH--- chicken, beef, onion, vegetable
- ❖ JUICE---- apple, white grape, white cranberry, orange (without pulp)
- ❖ SPORT DRINKS--- Gatorade, powder-aid
- ❖ SODA--- clear or colas, lemonade, crystallite
- ❖ Water , coffee , tea , non-dairy creamers
- ❖ Popsicles, Slurpee's, frozen coke, non-dairy creamers

REMEMBER—nothing red, blue purple!!!!!!

===== NOT ALLOWED =====

Solid food, beer or wine, dairy products, and liquids that are red, blue or purple

NOTHING TO DRINK 6 HOURS PRIOR TO YOUR PROCEDURE...

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