

## CLEAR LIQUID DIET

The entire day before your procedure, you may only have CLEAR LIQUIDS. Clear liquids are liquids you can see through at room temperature. (It doesn't mean you must drink them at room temperature.) If you can't see through it, you can't have it.

Any of the liquids below are okay, as long as they are not **RED** or **PURPLE** in color. The following things ARE ALLOWED:

- Water
- Coffee or tea without milk or nondairy creamer (sugar may be used)
- Regular or diet sodas (Coke, Pepsi, Ginger Ale, Sprite, 7-Up, Mountain Dew)
- Strained fruit juice without pulp (apple, white grape)
- Clear broth or bouillon
- Sports Drinks (Gatorade or Powerade)
- Plain JELL-O (without added fruits or toppings)
- Lemonade
- Iced popsicles

NO solid food

NO dairy products

NO cloudy juices like orange or pineapple juice

NO **Red** or **Purple** liquids

NO fish oil 7 days before your procedure

**For Patients with Diabetes:** Take half of your diabetic medication the day before your procedure and NO diabetic medication the day of your procedure. Please bring your medication with you.

**For Patients Taking Coumadin or Any Other Blood Thinning Medication:** Ask your doctor how to adjust your medications.

## Frequently Asked Questions

- **Should I take any medications on the day of my procedure?**  
Yes, you can take blood pressure, heart, asthma, seizure and thyroid medications with a small sip of water.
- **When is the start time for the Clear Liquid Diet?**  
This diet applies to the entire day before your procedure – from the time you wake up until midnight before the day of your procedure.
- **What are examples of RED or PURPLE liquids?**  
You can't drink red or purple liquids, such as Cranberry Juice or Grape Juice.
- **What is the latest I can take sleeping or pain medications on the day before my procedure?**  
You must take them no later than 8pm on the night before your procedure.
- **How do I adjust my diabetic insulin medication on the day before my procedure?**  
If you are on insulin, take half of the dosage allotted on the day before the procedure. If you are on pills, take half the dosage of pills (ex: if you take two, only take one; if you take one pill, either skip it or take that dose in the evening the day before the procedure).
- **Can I take any of my other medications on the day before my procedure?**  
Yes, any other medications, such as anti-depressants, multivitamins, allergy or birth control pills, should be taken the day before the procedure.
- **Can any form of alcohol be consumed before my procedure?**  
No alcohol can be consumed the day before or on the day of the procedure.
- **Will I be able to drive home after my procedure?**  
No, you will be unable to drive after your procedure. A responsible person will need to come with you, stay in our waiting room during your procedure and drive you home afterwards.