

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 NOT** see through it, you **CAN NOT** have it.

Any of the following liquids are okay, as long as NOT **RED** or **PURPLE** in color.

The following things **ARE ALLOWED**:

- Water
- Coffee or tea **WITHOUT** milk or non-dairy creamer (sugar may be used)
- Regular or diet sodas (Coke, Pepsi, Ginger Ale, Sprite, 7-Up, Mountain Dew)
- Strained fruit juice **WITHOUT** pulp (apple juice, white grape juice)
- Clear broth or bouillon (**NO** noodles, rice, vegetables or meat)
- Sports Drinks (Gatorade or Powerade)
- Plain JELL-O (WITHOUT added fruits or toppings;
NO RED or **PURPLE** JELL-O, but other colors are fine)
- Lemonade with **No** Pulp
- Frozen popsicles

You CAN NOT have:

- **NO** solid food
- **NO** dairy products
- **NO** cloudy juices like orange or pineapple juice
- **NO RED** or **PURPLE** liquids
- **NO** fish oil or CBD oil seven (7) days before your procedure

For Patients WITH DIABETES

- Take half of your Diabetic medication the day before your procedure
- **NO** Diabetic medication on the day of your procedure.
- Bring your medication with you on the day of your procedure.

For Patients **TAKING COUMADIN** or ANY OTHER BLOOD THINNING MEDICATION:

- Ask your prescribing doctor how to adjust your medication.

Frequently Asked Questions

Q. Should I take any medications on the day of my procedure?

A. *Yes, you can take blood pressure, heart, asthma, seizure and thyroid medications with a small sip of water.*

Q. When is the start time for the Clear Liquid Diet?

A. *This diet applies to the entire day before your procedure – from the time you wake up until midnight before the day of your procedure.*

Q. What are examples of RED or PURPLE liquids?

A. *You can't drink red or purple liquids, such as Cranberry Juice or Grape Juice.*

Q. What is the latest I can take sleeping or pain medications on the day before my procedure?

A. *You must take them no later than 8pm on the night before your procedure.*

Q. How do I adjust my diabetic insulin medication on the day before my procedure?

A. *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).*

Q. Can I take any of my other medications on the day before my procedure?

A. *Yes, any other medications, such as anti-depressants, multivitamins, allergy or birth control pills, should be taken the day before the procedure.*

Q. Can any form of alcohol be consumed before my procedure?

A. *No alcohol can be consumed the day before or on the day of the procedure.*

Q. Will I be able to drive home after my procedure?

A. *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.*