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Digestive  
Health  
Associates

*Board Certified in Gastroenterology*

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## **\*\*\* LIQUID DIET \*\*\***

Begin drinking clear liquids the day before the procedure, when you first wake up!

Please remember, NO SOLID FOOD.

Hydration is extremely important for proper preparation, so drink lots of liquids.

### **\*\*\* Allowed Clear Liquids \*\*\***

- Broth- chicken, beef, onion or vegetable
- Juice- apple, white grape, white cranberry, orange (without pulp)
- Sports Drinks- Gatorade, PowerAde
- Soda- Clear or Colas, lemonade or Crystal Light
- Water, Coffee, Tea
- Popsicle, Slurpee, Frozen Coke, Jell-O

**REMEMBER: NOTHING RED, BLUE OR PURPLE IN COLOR**

### **\*\*\* NOT ALLOWED \*\*\***

Solid food, alcohol of any kind, dairy products and any liquids containing red, blue or purple.

Nothing to drink for 4 hours prior to your procedure.

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