

DIET

3 days prior to your procedure: Avoid foods with seeds or nuts (including popcorn).

1 day prior to your procedure: Your clear liquid diet will start the day before your procedure in the A.M. (when you wake up), and will continue until 4 hours before your procedure start time. At that point you will begin the second dose of your preparation. Upon completion of your preparation (finishing with 16 oz of a clear liquid) you are to stop everything by mouth.

<u>LIQUIDS ALLOWED</u>	<u>LIQUIDS TO AVOID</u>
Tea/coffee (decaffeinated or regular), carbonated beverages (soda).	Milk, milk drinks, creams.
Clear Juices: apple juice, white grape juice or any other clear juice.	Orange juice.
Clear broth (chicken or beef flavored).	Red or purple liquids.
Jello (gelatin), no red or purple flavors.	
Gatorade and other sports drinks are highly recommended. Drink plenty of water and other clear liquids throughout the day so that you do not become dehydrated or hungry.	

Please note that you can have as much of the allowed liquids as you want throughout the day to satisfy your appetite. If you have questions regarding the above liquid diet please contact the office at 858-487-2121 (Poway) or 858-292-7527 (San Diego).