

As stated on the previous form, you will be on a **CLEAR LIQUID DIET** the **ENTIRE DAY PRIOR** to your scheduled procedure.

Important hydration goal: Hydration is part of your prep! Drink 8-oz of clear liquids every hour before you start your prep.

Reminder: You can have any liquid that is clear, as long as it does not contain **red, blue, or purple dye.**

Examples of what you CAN eat/drink:

- Coffee or tea (no milk or non dairy creamer)
- Clear soups and/or broths (make sure to strain vegetables and noodles)
- Clear fruit juices (apple, white cranberry, white grape, lemonade)
- Popsicles
- Jello (NOT Red, Blue, or Purple)
- Artificially sweetened power drinks (Kool-Aid, Crystal Light)
- Sorbet that does not contain milk or fruit chunks
- Soft drinks (Sprite, Ginger Ale, Coke)



What you can NOT eat/drink:

- Dietary Supplements
- Milk or milk by-products
- Candy or Mints
- Chewing gum
- Grapefruit juice
- Orange Juice
- Tomato juice
- V8 juice
- NO Ensure or Boost
- NO SOLID FOOD
- NO honey



Must **stop** all CLEAR LIQUIDS 4 hours before procedure time

