

Diet Prep on the Day Before Your Procedure

Clear Liquids All Day!

Diabetics: Please drink regular liquids, not sugar-free liquids

What you MAY have	What you CAN NOT have
Soft Drinks: Ginger Ale, Cola, Sprite, 7-Up, Pepsi, Orange, Sports drinks, Kool-Aid, etc	<u>NO SOLID</u> <u>FOOD!!!</u>
Strained Fruit Juices (<u>without Pulp</u>): apple, white grape, white cranberry	No Alcoholic Beverages Do Not Drink Anything Colored RED OR PURPLE
Water, Tea, or Black Coffee	No Milk or Non-dairy creamer
Fat-Free, Low Sodium Broth OR Bouillon	No canned soups Do not add crackers
Desserts: Clear hard candies	No chewing gum
Jell-O: lemon, lime, orange (NO RED JELLO)	Do not add fruit or topping