

Clear Liquid Diet

On the entire day before your scheduled procedure you are on a **Clear Liquid Diet**.

3 Days Prior to Your Procedure

- Avoid whole grains, nuts, corn and seeds
 - Includes granola, 7 grain breads, whole grain pasta, brown rice, quinoa, etc.
 - Seeds includes cucumbers, poppy seeds, popcorn, sunflower seeds, etc.

Suggestions for Clear Liquids

Clear liquids are anything you can hold up to the light and see through.
You **MAY NOT** have anything that is **red** or **purple**

- Water
- Coffee – **without** milk, non-dairy creamer, or cream
- Tea – **without** milk, non-dairy creamer, or cream
- Carbonated beverages (such as Coke, Diet Coke, Ginger Ale, Sprite)
- Gatorade
- Kool-Aid
- Strained fruit juices (no pulp) such as apple, lemonade, etc.
- Clear broth (chicken, beef, vegetable)
- Clear flavored Jello
- Popsicles or water ice

AVOID these foods the day before your procedure:

- All solid food
- Milk, milk drinks, cream, non-dairy creamer
- Orange juice
- Fruit juice with pulp
- Alcoholic beverages

Prep instructions, patient forms and FAQ's can be found on our website:

www.westchesterendocenter.com

Please call our office if you have any questions

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