

# FULL Liquid Diet

## 2 – Days Before your procedure

### 2 Days Before Your Procedure

- Do not eat any solid foods. You may **ONLY** have full liquids
- Take all your normal prescription medications, unless advised otherwise
- **All weight loss medications and certain diabetic medications must be held prior to procedure. Please contact us if you have not received instructions or see form included in instruction packet**

### Suggestions for Full Liquids

- Water
- Coffee and Tea
- Carbonated beverages (such as Coke, Diet Coke, Ginger Ale, Sprite)
- Gatorade
- Kool-Aid
- Strained fruit juices (no pulp) such as apple, lemonade, etc.
- Milk, milk drinks, milk shakes
- Custard, pudding
- Sherbert, Ice Cream
- Strained soup, broths (chicken, beef, vegetable)
- Cream soups (strained)
- Chocolate syrup, syrup
- Clear flavored Jello
- Popsicles, water ice, sorbet

### AVOID these foods 2 days before your procedure:

- Meats, eggs
- Vegetables
- Fruits
- Fruit juices with unstrained fruit or pulp
- Alcoholic beverages
- Gains, nuts, corn, seeds

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

[www.westchesterendocenter.com](http://www.westchesterendocenter.com)

***Please call our office if you have any questions***

**610-431-3122**

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