



## **The Day Before Your Procedure**

### **ONCE YOU WAKE UP, YOU MUST ADHERE TO THE CLEAR LIQUID DIET.**

Be sure to drink plenty of liquid throughout the day to avoid dehydration.

#### **CLEAR LIQUID DIET** (no liquids with Red, Blue, or Purple dye):

- Bouillon/Broth: chicken, beef, or vegetable
- Juice: apple, white cranberry, white grape
- Water: plain or flavored
- Soda: Sprite or 7Up
- Gatorade, Crystal Light, or Pedialyte – not red, blue, or purple
- Coffee or Tea - NO MILK, CREAM, OR NON-DAIRY CREAMER. Sugar or other sweeteners are allowed.
- Popsicles: orange, lemon, lime
- Jell-O: orange, lemon, lime
- Candy: hard candy such as LifeSavers, suckers, or gummy bears (not red, blue, or purple)
- NO ALCOHOL

### **Begin Bowel Prep**

There are several versions of bowel prep. Carefully follow the instructions of the prep you are given.

**NOTE: ALL BOWEL PREP MUST BE COMPLETED NO LATER THAN 3 HOURS PRIOR TO YOUR PROCEDURE**

### **After Completing the Prep**

- You may continue a CLEAR LIQUID DIET up until 3 hours before your procedure.

### **Transportation**

Please arrange transportation with an escort over the age of 18 that you trust to receive your discharge instructions. All patients will be required to have an escort, as you cannot drive, take a taxi, Uber, or Lyft without an escort. Your escort can stay with you before and after your procedure or wait in the Endoscopy Center waiting room until you are done. The time between arrival until you leave is approximately 2 hours.