

Pre Procedure Diet

WEEK OF PROCEDURE: *Avoid:* Seeds, Nuts, Corn, and Fiber Supplements
(Metamucil/Citrucel)

DAY BEFORE YOUR PROCEDURE:

Liquids: It is important that large volumes (64oz before 7pm) of clear liquids be consumed the day BEFORE your procedure, up until midnight, to avoid dehydration.

Breakfast: Choose ONE

- 1 - 2 eggs with a slice of DRY White Toast (No butter)
- 1 Buttermilk Pancake or Waffle w/ Syrup (if desired) (No butter)
- A small portion of skinless chicken, turkey or fish

Lunch & Dinner:

- You may drink all the clear liquids you would like
 - ❖ Soft Drinks – Ginger Ale, Sprite, 7up
 - ❖ Gatorade/Kool Aid –NO RED
 - ❖ Strained fruit juice without pulp – Apple, White Grape, Lemonade
 - ❖ Water, Coffee Tea – NO MILK OR NON DAIRY CREAMER, sweeteners are ok
 - ❖ Soups – Low Sodium Chicken or Beef Bouillon/Broth
 - ❖ Desserts – Hard candies, Jell-O (NO RED or fruit toppings), Popsicles, Water Ice, NO SHERBETS OR FRUIT BARS

THE PREP:

- **Your prep has been sent to your preferred Pharmacy. Please pick it up ASAP. You will begin at 7pm tonight**
- **You may apply a topical ointment such as Preparation H or Anusol to your bottom to avoid irritation if needed.**

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE

(Except for the liquids required of your bowel preparation)

DAY OF YOUR PROCEDURE:

YOU MUST FINISH DRINKING YOUR FINAL GLASS OF PREP AT LEAST 4 HOURS PRIOR TO YOUR PROCEDURE

NO GUM OR CANDY THE DAY OF YOUR PROCEDURE

If you have any questions about your Diet, Prep, or Procedure, please feel free to contact our office.

(302) 832-1545

