



Clear Liquid Diet

THIS CLEAR LIQUID DIET IS MEANT TO BE FOLLOWED THE DAY YOU ARE PREPARING FOR YOUR PROCEDURE.

FOODS OR DRINKS ALLOWED

GATORADE, PEDIALYTE, POWERADE

JELLO (Without Added Fruit)

ICED TEA

POPSICLES

WATER

CARBONATED BEVERAGES, NON-COLA SODA

HOT COFFEE or TEA (No Creamer)

HARD CANDIES

GRAPE JUICE (White Only)

SUGAR

APPLE JUICE (Not Cider)

SWEET N LOW, ETC

CRANBERRY JUICE (White Only)

HONEY, JELLY, SYRUPS

CLEAR CHICKEN, VEGETABLE OR BEEF BROTH

BOUILLON CUBES

FOODS OR DRINKS NOT ALLOWED

NO RED, PURPLE OR

ORANGE DYE PRODUCTS

MILK OR MILK DRINKS

POWDERED NON-DAIRY CREAMER

DAIRY PRODUCTS

ORANGE OR CITRUS JUICE

ALCOHOLIC BEVERAGES

General Instructions

5 DAYS PRIOR TO YOUR PROCEDURE STOP TAKING THE FOLLOWING:

- Anti-inflammatory medications such as **MOBIC, IBUPROFEN, ADVIL, MOTRIN, NAPROXEN, ALEVE, CELEBREX, BEXTRA** or other arthritis medications.
 - **FISH OILS, OMEGA VITAMINS, VITAMIN E** and **IRON**.
 - Diuretics such as **LASIX, HYDROCHLORTHIAZIDE** or any medications ending in **HCT**.
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- Please speak to your Physician if you are taking **ASPIRIN, PRADAXA, XARELTO, PLAVIX, COUMADIN, HEPARIN, ELIQUIS** or any medication to thin your blood or to prevent clotting.
 - Please let your Physician and the Surgery Center know if you have a pace maker, defibrillator or artificial heart valve.
 - If you take insulin, please take ½ of your usual dose the day before your procedure and none the morning of your procedure. Please check your blood sugars.
 - 5 days prior to your procedure try to refrain from eating foods with seeds. (**STRAWBERRIES, TOMATOES, CUCUMBERS**, etc.)
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Please call our office at (561) 622-6111 if you have any questions regarding your preparation or medication.