

DIET/CLEAR LIQUID LIST

THE DAY BEFORE:

- ***If your procedure is scheduled in the morning, you may have nothing but clear liquids the entire day prior to your procedure.**
- ***ONLY if your procedure is scheduled in the AFTERNOON (12:30pm or after), you may have a light breakfast before 10 am the day before this includes..... 2 boiled eggs, tofu, white bread or toast with seedless jelly coffee/tea NO creamer or dairy NO butter or butter substitutes
(Nothing but clear liquids after breakfast)**
 - **Nothing by mouth 3 hours prior to your procedure time**

AVOID any food containing seeds,nuts or popcorn 1 week before your procedure

Acceptable Clear Liquids:

- **Water**
- **Any kind of soft drink (ginger ale, coke, tonic, Gatorade, etc.)**
- **Apple juice**
- **Tea without cream or milk, sugar is okay**
- **Coffee without cream or milk,sugar is okay (avoid on the day of the procedure)**
- **Clear Broth (Vegetable, Beef or Chicken)**
- **Jell-O (stay away from red, blue or purple colors)**
- **Orange juice without pulp is okay to have the day before the procedure, but NOT the morning of the procedure**

If your prep is not covered by your insurance you can:

- use a manufacturer coupon(you can google search this)
 - switch to our generic MIRALAX prep (over the counter)
- instructions for this prep can be printed from our website
1. Go to www.rimgmd.com
 2. Go to Services
 3. Go to Gastroenterology
 4. Scroll down and print out the MIRALAX instruction sheet