



Clear Liquid Diet

Diet must be followed for 1 day prior to your procedure.

What is safe to eat and drink?

- Water
- Ice
- Tea (sweet or unsweet)
- Coffee (NO milk or creamer)
- Clear Bouillon (chicken or beef)
- Consommé
- Broth (chicken or beef)
- Apple Juice
- Grape Juice
- Cranberry Juice
- Cranapple Juice
- Jello (NO RED or any flavors containing RED DYE)
- Carbonated Beverages (Lighter flavors are preferred)
- Lemonade (use mix only – NO fresh squeezed or those containing pulp)
- Popsicles (NO RED, NO PUDDING POPS, NONE with fruit pieces)
- Gatorade (this is excellent for you because it contains electrolytes that will keep you from feeling so weak.)
- Hard Candy (suck on candy, DO NOT chew it)

THINGS YOU SHOULD NOT HAVE:

MILK

ORANGE JUICE

ANYTHING CONTAINING PULP

If this diet is not followed completely during specified times along with the colon preparation that you chose you will **NOT** achieve the desired results and could possibly have to reschedule your procedure.

Please contact us at 731-884-0600 with any questions or concerns.



1109 E. Reelfoot Ave., Suites B-C
Union City, TN 38261
Phone: (731) 884-0600
Fax: (731) 885-3692

Kofi Nuako, M.D.
Gastroenterologist

Laura Russell, CFNP
Amy Myers, CFNP

Patient Name: _____ **Procedure Date/Time:** _____

Procedure: EGD / COLONOSCOPY / EGD/DIL / FLEXIBLE SIGMOSCOPY (circle all that apply)

IMPORTANT INSTRUCTIONS

- You **MUST** bring a driver; someone **MUST** stay in the center while the test is being performed. This is in case the physician needs to speak with someone urgently.
- DIET: YOU **MUST NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT!** Unless otherwise specified.
- **NO** hard candy, gum, or chewing tobacco the morning of your procedure.
- You may continue to take your Aspirin daily. If you take Plavix or Coumadin we will contact the prescribing physician to see if he/she wants you to stop it or continue it. You will be notified of the decision. You **MAY** take your Arthritis Medication, however **ONLY** take a minimal amount.
- **DO** take seizure, nerve, and heart medications the morning of your procedure **before 7am** with a small sip of water.
- **DO** take blood pressure medication the morning of your procedure with the exception of medications containing a Diuretic.
- **DO NOT** take diabetic medications the morning of your procedure.
- For the privacy of all patients, we ask **NO** children be in the pre and post operative area. Please turn off cell phone when entering the pre and post operative area.
- **NO** jewelry to be worn on the day of procedure.
- **YOU WILL NOT BE ABLE TO DRIVE, WORK, OR OPERATE HEAVY MACHINERY FOR 12 HOURS AFTER PROCEDURE.**

THINGS TO BRING ON THE DAY OF YOUR PROCEDURE:

- Any Inhalers
- Wear Socks
- Extra clothing if you feel that it is necessary

It is our aim at Summit Endoscopy Center to provide efficient, personalized care to you. We have therefore reserved a specific time for your procedure.

If you decide to cancel your test, we ask that you inform us **3 days** in advance so that we can reschedule your test. This helps us to better care for all of our patients and deal with any insurance issues.