The Day before your Procedure – Allowed Foods

On the day before your procedure, you may eat foods from the list in the box below.

All solid food must be stopped at 3 PM prior to beginning your preparation and no solid food can be eaten on your procedure day.

Please drink plenty of clear liquids to stay hydrated. Continue to drink clear liquids (choices listed below under Allowed Liquids) with the preparation and on the day of procedure until **the specified cut-off time**. Carefully follow all other instructions for bowel preparation.

Allowed Foods on the **day before** procedure **until 3 PM**

- Eggs, any style- may use a tbsp of butter, margarine or oil if desired
- Cheese (a slice *or* a small cube)
- White bread
- Non-fat or low-fat milk or low-fat yogurt. Lactose-free, soy, nut milks and oat milk are ok.
- Coffee or tea – with milk or small amount of sugar ok
- Lean beef/chicken/pork/fish or soy product (¼ lb --about the size of a deck of cards) - broiled, baked, or grilled, seasoned lightly and you may use a tbsp of butter, margarine or oil if desired
- ½ cup of cooked white rice (measured out after cooking)

Clear Liquids

Clear liquids maintain vital body fluids, salts, and minerals; It also gives some energy for patients when normal food intake must be interrupted when prepping for a procedure. The body easily absorbs clear liquids. They reduce stimulation of the digestive system and leave no residue in the intestinal tract.

A clear liquid diet includes liquids you can see through (i.e. When holding the glass of liquid up, you should be able to see your hand through the liquid)

DO NOT DRINK: *alcohol, dark colas, milk or anything red, purple or blue in color.*

Allowed Liquids

- Non-cola soft drinks, water, sports drinks (no red, purple or blue)
- Clear fruit juices without pulp; apple, lemonade, white grape, etc. (no red, purple or blue)
- Coconut water
- Jell-O, fruit ice, popsicle without pulp, clear hard candy (no red, purple or blue)
- Tea without milk/creamer
- One cup of coffee without milk/creamer
- Bouillon, fat free broth, fat free consommé