INSTRUCTIONS:
• For the entire day before your procedure until after the procedure is finished, avoid all solid foods!
• The day before and day of the procedure, please follow a clear liquid-only diet.
• You will need to stop drinking altogether 4 hours before the procedure

AS PART OF YOUR CLEAR LIQUID DIET, YOU MAY HAVE:
• No solid foods, only light or clear-colored liquids; nothing red or purple
• Water, Coconut water
• Fruit juices without pulp – apple, white grape juice, strained lemonade (no orange juice or red or purple juices)
• Clear broth or any flavor bouillon
• Gatorade, Kool-Aid, Crystal-lite, Vitamin Water (clear, not red or purple)
• Soda and iced tea, regular or diet (clear, not red or purple)
• Jell-O gelatin without added fruit or toppings (clear, not red or purple)
• Popsicles, ices or sorbet (lemon, peach, or mango; not red or purple)
• Honey, sugar, and clear hard candies
• Tea or coffee without milk, cream, or non-dairy creamers.

YOU MAY NOT HAVE
• Dairy products (regular milk, soy milk, rice milk) or non-dairy creamers
• Smoothies
• Blended fruit or vegetable drinks

SPECIAL INSTRUCTIONS:
• You may drink clear liquids-only up until 4 hours before your procedure. 4 hours before the procedure, please do NOT drink anything further. This includes gum/candy in the mouth.
• You may brush your teeth before the procedure
• Red/purple colored medications are ok to take the day before the procedure
• **MEDICATION INFORMATION** You will need to avoid coumadin, aspirin, or other blood-thinning medications (for example, Motrin, Advil, Ibuprofen, Aleve) for 5 days before your procedure. Please OK this with your prescribing physician. See the attached listing of other medications to avoid.
• You will need to avoid eating or drinking anything red or purple in color the day before or the day of your procedure, until after the procedure is finished.
• You must have someone escort you home after your procedure.

If you have questions please call The Jay Monahan Center at 212-746-4014