

# WEST CHESTER G.I. ASSOCIATES

✦ **On the entire day before your scheduled procedure**  
**you are on a**  
✦ **CLEAR LIQUID DIET**

If you want an accurate examination, it is important that your preparation for the test is complete. **If your colon is not well cleaned out, the test may have to be rescheduled for another day.**  
This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed.

✦ **3 DAYS PRIOR TO YOUR PROCEDURE**  
**Avoid whole grains, nuts, corn, & seeds**

Examples of whole grains – oatmeal, granola, 7 grain breads, rice, etc. ;  
Examples of seeds – raspberries, strawberries, cucumbers, tomatoes, poppy seeds, etc.

**Suggestions for Clear Liquids**  
**on the day before your procedure**

*Anything that you can hold up to the light and see thru*

✦ **NOTHING RED OR PURPLE**

- Water
- Coffee – without milk, non-dairy creamer or cream
- Tea – without milk, non-dairy creamer or cream
- Carbonated beverages (such as coke, diet coke, ginger ale, sprite etc.)
- Gatorade®
- Kool-aid®
- Strained fruit juices (no pulp), apple, lemonade etc.
- Clear broth (chicken, beef etc.)
- Clear flavored Jello®
- Popsicles or water ice
- Clear hard candy, sugar, honey and lemon are o.k.

✦ **Avoid The Day Before Your Procedure**

- All Solid Food
- Milk, milk drinks, cream, non-dairy creamer
- Orange juice
- Fruit juice with pulp
- Alcoholic beverages

- ⇒ Questions about symptoms or medications call 484-356-1050 between **7:30 am – 3:30 pm**  
⇒ General or reschedule questions call 610-431-3122