

CLEAR LIQUID DIET FOLLOW THIS THE WHOLE DAY BEFORE YOUR PROCEDURE

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed.

IF YOU TAKE ONE OF THESE: Dulaglutide (Trulicity) (weekly); Exenatide extended release (Bydureon bcise) (weekly); Exenatide (Byetta) (twice daily); Semaglutide (Ozempic) (weekly); Liraglutide (Victoza, Saxenda) (daily); Lixisenatide (Adlyxin) (daily); Semaglutide (Rybelsus) (taken by mouth once daily); Wegovy (Semaglutide) Mounjaro (tirzepatide) You will start the clear liquid diet the whole day before your procedure. You must hold this medication for a week (7days) prior to your procedure.

DRINKS ALLOWED

Water/Flavored Water
Tea (decaffeinated or regular)
Coffee, Fruit flavored drinks
Carbonated beverages like Coke & Pepsi
Strained fruit juices; apple,
White grape, orange white cranberry, lemonade
Iced tea, Gatorade

Clear broth, consommé or
Bouillion (chicken, beef or vegetable)
Jello, Popsicles (Ice)

Sugar, Honey, Syrup or sugar substitute,
Clear hard candy, salt

NOT ALLOWED

**(NO RED, PURPLE OR BLUE JELLO OR POPSICLES)
NO MILK OR DAIRY PRODUCTS
(USE NON-DAIRY CREAMER FOR COFFEE OR TEA)**

YOU MAY HAVE NOTHING BY MOUTH FOR FOUR (4) HOURS PRIOR TO YOUR PROCEDURE

DIABETIC PATIENTS: *Patients on Lantus or Levemir remain on your normal dose throughout prep and procedure.

*Patients on NPH and regular Insulin should remain on regular dose on the day before (prep day), but reduce the usual dose by 20% the morning of the procedure.

*Patients on oral diabetic medications **DO NOT TAKE** these on the day of the procedure

*If you have an Insulin pump or have any other questions about your diabetic medications, please call your primary care physician or endocrinologist for further instructions.