

Springfield ASC
1528 Bethlehem Pike, Flourtown PA 19031

Phone: (215) 402-0600 Fax: (215) 402-0604

www.springfieldasc.com

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

Anything that you can hold up to the light and see through

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.)
- Jello®
- Popsicles or water ice
- Clear hard candy, sugar, and lemon are o.k.

Avoid Day Before Procedure

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

⇒ *Questions about symptoms or medications call 215-402-0600 between 7:30 am- 4:30 pm*

⇒ *General or reschedule questions call 215-402-0800*

A charge of \$100.00 will be billed for any cancellations less than (96 hours/4 business days) or no shows on the scheduled date of your procedure.

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