

DIET:

ONE WEEK BEFORE PROCEDURE

Eliminate from diet:

Nuts and seeds and any vegetables, fruits, or breads that may contain nuts & / or seeds

Examples: Strawberries, popcorn, kiwi, tomatoes, squash, cucumber & watermelon

Olestra (synthetic fat) Potato chips, crackers

DAY OF LAXATIVES AND DAY OF PROCEDURE:

NO Alcohol of any type

DIABETICS:

If you take oral medication for your diabetes, **do not** take it on the day of clear liquids and / or day of procedure.

If you take insulin, take only ½ of your usual dosage on the day of clear liquids and the day of the procedure.

Monitor your blood sugar closely.

**WE ARE AWARE CANCELLATIONS ARE SOMETIMES NECESSARY,
BUT IF YOU COULD NOTIFY US AT YOUR EARLIEST CONVENIENCE,
IT WOULD BE GREATLY APPRECIATED.**