

DAY BEFORE EXAM: DIET SHEET

**YOU MAY CHOOSE FROM THE FOLLOWING CLEAR LIQUIDS
NO SOLID FOOD OTHER THAN THOSE LISTED THE DAY
BEFORE THE SCOPE**

- ❖ Soft drinks (Orange, Ginger Ale, Cola, Sprite, 7-Up, Gatorade, Powerade, Propel Water and Diet Drinks)
- ❖ Strained fruit juice (without the pulp) – Apple, White Grape, Lemonade, Orange
- ❖ Water, Tea, Coffee (NO milk or Cream)
- ❖ Fat free, Low sodium chicken or beef bouillon or broth (NO TOMATO Based soups)
- ❖ Popsicles, Italian Ice (NO sherbets or fruit bars) NO Red or Purple

DRINK 1 GALLON OF FLUIDS THROUGHOUT THE DAY

Gatorade, Powerade or Propel is suggested to help maintain your electrolytes. You may need to adapt your workload to avoid any hard or strenuous tasks, since you may become tired and weak during the colon prep.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT

Since the bowel prep will cause diarrhea, you may wish to use baby wipes or Tucks pads instead of toilet paper. You may apply a protective cream such as calmoseptine, Desitin, Vitamin AD ointment, Vaseline, etc. to the anal area after each bowel movement to help protect the skin and decrease irritation and pain