



# Bowel Prep Diet

For best results, follow these instructions.

## Five days before your procedure:

- Avoid iron supplements or vitamins that contain iron.
- Do not take any over-the-counter fiber supplements (such as Metamucil®, Citrucel®).
- Avoid foods with seeds and nuts.
- Remove skin from fruits and vegetables.

## One day before your procedure:

**Follow a clear-liquid diet.** This means no solid food all day. You may only have clear liquids.

DO NOT HAVE red liquids, milk, cream or dairy substitutes, or alcohol.

## Acceptable clear liquids include:

- Water.
- Lemonade.
- JELL-O®.
- Apple juice.
- Tea.
- Soft drinks.
- Popsicles®.
- Powerade®.
- Coffee (no cream/milk).
- Sports drinks.
- Italian ice.
- Kool-Aid®.
- Gatorade®.
- Fat-free broth.
- Crystal Light®.
- Bouillon.
- White grape juice.
- Energy drinks.

You may also have sugar and honey.