

To ensure a successful exam, please follow all instructions carefully.

7 DAYS BEFORE YOUR PROCEDURE:

Discontinue taking all medications containing iron, including multivitamins.

1 DAY BEFORE YOUR PROCEDURE:

At noon, begin a clear liquid diet. Do not consume any red or purple liquids or alcohol.

Clear Liquid:

- Gatorade, Pedialyte or Powerade
- Clear broth or bouillon
- Coffee or tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks
- Strained fruit juices (no pulp)
- Jell-O, popsicles, hard candy

Not Clear Liquid:

- *No red or purple items of any kind*
- *No alcohol*
- *No milk or non dairy creamers*
- *No noodles or vegetables in soup*
- *No juice with pulp*
- *No liquid you cannot see through*

DAY OF YOUR PROCEDURE:

Stop drinking clear liquids 10 hours prior to your exam. You may take all of your usual morning medications with 4 oz of water **up to 3 hours prior to your procedure**. Bring a list of all of your current medications, including any over-the-counter medications, with you. Our staff will discuss your medication schedule and any additional instructions with you when you arrive.

Our staff will place a belt with sensors across your abdomen, For your comfort, please wear an upper garment of thin, natural fiber cloth (such as a T-shirt) that is long enough to reach the hip level. You may drive yourself home after the procedure.