***Date of procedure:***add date ***Arrive at:*** *add time*

**Location of Department:**

Ochsner Medical Center

**How to prep:**

Day Before Procedure

* You may have a light evening meal.
* **No solid food after      .**
* Continue drinking clear liquids.

Day of the Procedure

* You may have water/clear liquids until ***4 hours*** ***before your procedure*** or as directed by the scheduling nurse **.** See below for list.

What You **CANNOT** do:

* Do not drink milk or anything colored red.
* Do not drink alcohol.
* No gum chewing or candy morning of procedure.

Liquids That Are **OK** to Drink:

* Water
* Sports drinks (Gatorade, Power-Aid)
* Coffee or tea (no cream or nondairy creamer)
* Clear juices without pulp (apple, white grape)
* Gelatin desserts (no fruit or toppings)
* Clear soda (sprite, coke, ginger ale)
* Chicken broth (until 12 midnight the night before procedure)

Comments: