

Dr Susan Shedda

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Liquid Diet Preparation – Morning Procedure

It is **very important** that you strictly follow the dietary preparation instructions, as inadequate cleansing of your bowel will prevent adequate examination. If you have any problems with the bowel preparation, please contact our office immediately on 9328 8890.

Please notify us at least 14 days prior to your procedure if you are taking blood thinning medications, e.g., Aspirin, Plavix, Warfarin or herbal medications e.g. Fish Oil, Glucosamine, Echinacea, or if you have diabetes, heart valve disease or a pacemaker implanted, as otherwise the procedure may be cancelled.

1 Day Before Test

Light Breakfast but then CLEAR FLUIDS only for the remainder of the day. You may have water, strained fruit juice, clear soup, black tea or coffee, electrolyte drinks, soft drinks, lemon or orange cordial, light coloured jelly and icy poles. **No milk or alcohol** and no red, green, blue or purple-coloured liquids or jelly. ***Drink at least 3 litres of approved fluids.***

You may drink clear fluid until midnight and then you may continue to drink WATER ONLY until 2 hours prior to your admission.

Day of Test

Arrive at Melbourne Private / Epworth Richmond at _____ AM. You will be discharged from hospital on _____