

From the Pharmacy:

- Bowel preparation mixture (prescribed by your gastroenterologist)

From the Grocery Store:

Select a variety of the allowed foods and drinks listed below to keep you hydrated during your prep:

DRINKS

- Apple or (white) grape juice
- Coffee or tea (without milk or cream)
- Clear bouillon or broth
- Peach flavored Ensure™ (clear only)
- Sodas (ginger ale or lemon-lime)
- Sports drinks (clear, orange, green or lemon-lime)

FOODS

- Fruit-flavored popsicles (green, orange or yellow)
- Jell-O™ (green, orange, peach, or yellow)

TOILETRIES

- Air freshener sprays
- Personal hygiene cleansing cloths
- Petroleum jelly
- Soft toilet paper
- Straws

Important: Starting the day before your procedure, don't consume anything that is red, purple or blue in color!