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### Clear Liquid Diet

Begin clear liquid diet below on Day \_\_\_\_\_, Date \_\_\_\_\_.

- × Coffee, water, tea, carbonated beverages (soft drinks), regular and sugar free.
- × Gelatin dessert, plain or fruit-flavored (**NO** red or purple gelatin).
- × Fruit Juices (NO pulp)
- × Bouillon broth..
- × Snowcones
- × Hard candy, sugar, salt.
- × Gatorade, Powerade, lemonade, limeade.

**NOTE:** Avoid ANY liquid not specifically listed above.

You may drink clear liquids until midnight.

### Special Instructions

Check with your nurse concerning the medicines you take daily. Take your Blood Pressure or Heart medicines with a small sip of water the morning of your procedure.

Please notify your doctor if you take blood thinners. **STOP** all Plavix, Effient, Pradaxa, Coumadin, Eliquis, Xarelto and aspirin-containing medications three (3) days prior to the procedure. Hold all anti-inflammatory drugs such as Motrin or Aleve for (3) before the procedure. If you are diabetic, you should **NOT** take your insulin or diabetes pills the morning of the procedure. These can be resumed after the next meal following the procedure. Do not take any long-acting insulin the night before the procedure.

Since sedation is used during procedure, it is necessary for a family member or friend to come with you to drive you home. Both you and your family member should be prepared to stay 3-4 hours. The doctor will report to your family member following the procedure. Someone should stay with you several hours after returning home from the procedure.

Contact your Physician at (318) 448-5310 if you experience severe abdominal pain, fever, rectal bleeding, recurrent vomiting or other problems during your procedure preparation. After office hours, call (318) 448-5310 and ask to speak to the GI doctor on call.

**CALL** Theresa, Sandra or Christina at (318) 448-5310 with any questions during normal office hours.