

WEST CHESTER G.I. ASSOCIATES

FULL LIQUID DIET

Two days before your scheduled procedure

The following foods are permitted on a Full Liquid Diet
Diet versions of anything listed is permitted.

Suggestions of Food Allowed

- Water
- Coffee
- Tea
- Carbonated beverages (such as coke, diet coke, ginger ale, sprite etc.)
- Gatorade®
- Kool-aid®
- Strained fruit juices (no pulp), apple, lemonade etc.
- Milk, milk drinks, milk shakes
- Custard, pudding
- Sherbert, ice cream
- Strained soup, broths (chicken, beef, vegetable, etc.)
- Cream Soups (strained)
- Chocolate syrup, syrup
- Clear flavored Jello®
- Ice popsicles, water ice or sorbet

Foods to Avoid

- Meats, eggs
- Vegetables
- Fruits
- Fruit juices with unstrained fruit or pulp
- Breads
- Alcoholic beverages
- Grains, nuts, corn and seeds

⇒ Questions about symptoms or medications call 484-356-1050 between **7:30 am- 3:30 pm**

⇒ General or reschedule questions call 610-431-3122