

VALLEY GASTRO MEDICAL GROUP  
29525 CANWOOD STREET  
AGOURA HILLS, CA 91301  
(818) 706-2447

7301 MEDICAL CENTER DRIVE  
WEST HILLS, CA 91307  
(818) 346-9911

**CLEAR LIQUID DIET**  
**DAY BEFORE PROCEDURE**  
**\*\*NO RED OR PURPLE COLORING\*\***

CLEAR FRUIT JUICES WITHOUT PULP  
(APPLE, WHITE GRAPE, WHITE CRANBERRY)

CLEAR CHICKEN BROTH AND/OR CLEAR VEGETABLE BROTH

POPSICLES AND/OR JELL-O  
(YELLOW, GREEN, OR ORANGE FLAVORS)

WATER, FLAVORED WATER, VITAMIN WATER

GATORADE, ANY CLEAR SPORTS DRINK

CRYSTAL LIGHT, GINGER ALE, 7-UP, SPRITE

TEA, GREEN TEA  
(NO CREAM, NO COFFEE)

**\*\*NO SEEDS OR NUTS\*\***  
**\*\* TWO (2) DAYS PRIOR TO PROCEDURE\*\***