# **KARMANOS CANCER INSTITUTE INSTRUCTIONS FOR PREPARATION BEFORE SPACEOAR PROCEDURE**

#### PURCHASE BEFORE YOUR PROCEDURE AT **PHARMACY:**

1 bottle of Golytely

## TO BEGIN THE DAY BEFORE YOUR PROCEDURE:

- Begin Clear Liquid Diet in the morning
- Drink Golytely starting at 8:00 a.m.
- Please take all of your prescribed medications on your normal schedule

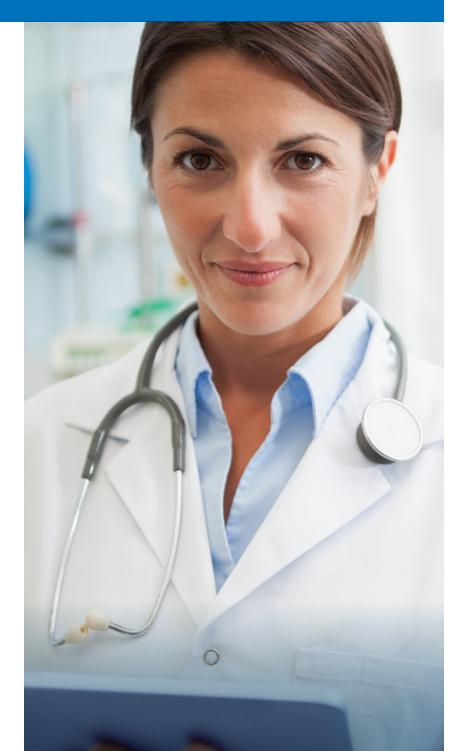
# **CLEAR LIQUID DIET INSTRUCTIONS:**

### **Allowed liquids:**

- Water (plain, carbonated, or flavored)
- Sport's Drinks (such as Gatorade)
- Clear broth such as bouillon or consommé (chicken, beef)
- Soda pop including cola, 7-up, Sprite, ginger ale
- Jell-O any color
- Coffee and Teas (without cream or milk added)
- Kool-Aid or Crystal Lite
- Apple Juice, Grape juice, Cranberry juice (fruit juices without pulp)
- Hard Candies
- Sugar or sugar substitute
- Popsicles without milk, bits of fruit, seeds or nuts
- Italian ices

#### Not allowed:

- Milk, cream
- Orange juice, tomato juice, grapefruit juice
- Alcohol
- Any liquid you can't see through



**CANCER INSTITUTE** 

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