

prevention   diagnosis   treatment   surgery   [www.gispecialistsmemphis.com](http://www.gispecialistsmemphis.com)

The day before your test, \_\_\_\_\_

Begin a clear liquid diet at noon. Drink plenty of clear liquids throughout the day, but nothing after midnight. Do not take any iron supplements for one week before your test. Do not take any antacids or carafate for 24 hours before you test.

### CLEAR LIQUIDS YOU MAY HAVE:

APPLE JUICE	GRAPE JUICE	WHITE CRANBERRY JUICE		
ANY COLA DRINKS	CLEAR CHICKEN BROTH	CLEAR BEEF BROTH		
light colored KOOL-AID	light colored GATORADE	WATER		
JELLO (no red)	TEA	COFFEE		
<b>NO MILK</b>	<b>NO ORANGE JUICE</b>	<b>NO PRUNE JUICE</b>	<b>NO TOMATO JUICE</b>	<b>NO SOLID FOODS</b>

The day of your test: come to 80 Humphreys Center Drive, Suite 200 at \_\_\_\_\_ with an empty stomach.

You may only take medications that you routinely take, such as seizure, high blood pressure, breathing, heart and behavioral medications with a sip of water. Please bring all of your medications with you to your test.

**You should expect to be here 3 to 4 hours. Please call (901) 881-5571 to reschedule.**