

Cardiology Specialists of Acadiana, LLC

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Patient Instructions for Aorta Ultrasound

Dear Patient:

Your physician has ordered an ultrasound exam on you, which requires some preparation to ensure optimal results. Please read the following instructions carefully.

1. Eat **clear liquids** for supper the day BEFORE your exam. See the attached diet for do's and don'ts.
2. **DO NOT EAT OR DRINK ANYTHING *after midnight*** the night before the exam.
3. If possible, take an over the counter GAS-X tablet with a small cup of water the morning of your exam (before you leave home).
4. Any essential medications may be taken with a small amount of water the morning of your exam.
5. **DO NOT** chew gum the day of your exam.

Following the above guidelines will help your exam go as quickly as possible and help ensure accurate results.

If you have ANY questions, please do not hesitate to contact us.

Thank You

CLEAR LIQUID DIET

PURPOSE:

The clear liquid diet is used for a short period of time, pre and post-operative states, in acute inflammatory conditions or as a test diet.

GENERAL DESCRIPTION:

This diet serves only liquids, which are clear. The diet is inadequate in all nutrients, is minimal in residue, and does not meet the Recommended Daily Allowance.

HOW TO USE THE DIET:

1. Include only liquids, which are clear and do not contain pulp.
2. All solid foods and dairy products are restricted.
3. Supplements are available, which may increase the calorie and protein contents of the clear liquid diet.

FOOD LISTS

<u>FOODS</u>	<u>ALLOWED</u>	<u>OMIT</u>
Milk	None	All mild and milk products
Eggs	None	All
Fruits	Strained fruit juices.	All fruits, pulp
Breads/Cereals	None	All
Soups	Clear broth, bouillon	All others
Fats	None.	All
Sweets	Sugar, syrup, honey, hard clear candy, plain or flavored jello, popsicles	All others
Beverages	Carbonated and non-carbinated beverages, tea, coffee, decaff. Coffee, punch, gatorade	All others

Clear Liquid Diet Sample Menu Plan

<u>MEALS</u>	<u>MENU</u>
Breakfast	Apple juice, beef broth, strawberry gelatin, coffee/tea, sugar
Lunch	Grape juice, chicken broth, fruit ice, punch, sugar
Supper	Cranberry juice, vegetable broth, popsicle, iced tea, sugar