

Center for Advanced Gyn & Urogynecology
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Your procedure does NOT require a bowel prep

You will need to follow a **CLEAR LIQUID DIET** one day prior to surgery.

The day before surgery, you may have a low residue breakfast (2 eggs with 3-4oz cheese or 1 skinless chicken breast). Then Clear Liquids Only up until Midnight.

CLEAR LIQUIDS: Jell-O, chicken or beef broth, sodas, coffee and tea with sugar (NO CREAMERS), clear fruit juice (apple, grape, cranberry), Gatorade and popsicles.

Do Not eat or drink anything after 12 midnight the night before your procedure.