



Examples of foods that you may eat

Any type of non-breaded meats (steak, chicken, fish, pork, beef are examples – do not eat anything with breading such as chicken tenders, fish sticks, etc.)	Eggs (any style)
Any types of cheese	Green vegetables (peas, green beans, broccoli, kale, etc.)
Beans	Vegan protein sources (soy, tofu)

You may not eat any of the following foods until **after your appointment**

Pasta	Potatoes (examples: sweet, white, red, salt, purple)
Rice	Bread
Fruit Juice	Chewing Gum, Candy, Mints
Cough Drops/Cough Syrup	Caffeine (examples: soda, energy drinks, tea, pre-workout, and caffeine-free)
Sugar/Sugar Substitutes	Fruit
Soda	Coffee/Tea (This includes decaf)
Corn, Carrots, Squash, Cauliflower	Yogurt, Milk, Ice-Cream
Beer/Alcohol/Wine (including non-alcoholic)	

Please contact Bassett Department of Radiology at 607-547-3600, if you have questions regarding this preparation.