

Prep for Renal Artery and/or AAA Ultrasound

Day Before Exam

MORNING OF THE EXAM

Please take all medication with a glass of water.
You may have a few crackers if needed to prevent nausea.

BREAKFAST AND LUNCH

Minimum residue diet
See below for list of allowed foods

DINNER (evening meal)

Clear liquid diet
Exception: diabetes or other chronic medical condition, check with your physician

AFTER MIDNIGHT

Nothing to eat or drink after midnight

Sample Menus

BREAKFAST SAMPLE

Apple juice, cream of wheat, poached egg, white toast, margarine, jelly, non-dairy creamer, tea or coffee, salt, sugar

LUNCH SAMPLE #1

Tomato juice, chicken broth, broiled fish, rice, flavored gelatin, white bread, margarine, tea or coffee, salt, sugar

LUNCH SAMPLE #2

Apple juice, broiled chicken breast, medium white potato (without skin), fruit ice, plain angel food cake, white bread, margarine, jelly, tea or coffee, salt, sugar

DINNER SAMPLE #1 (EVENING MEAL - CLEAR LIQUID DIET)

Cranberry juice, clear broth, fruit ice, gelatin, tea, sugar

DINNER SAMPLE #2 (EVENING MEAL - CLEAR LIQUID DIET)

Apple juice, clear broth, fruit ice, gelatin, ginger ale

Minimum-Residue Diet Food List

	Foods Allowed	Foods Restricted
CEREALS	ream of wheat or cream of rice, rice krispies, corn flakes, cornmeal, farina	all others
SOUPS	fat-free clear broths	all others
MEAT & MEAT SUBSTITUTES	any lean, broiled, or baked meat, fish or fowl except those listed under	all others, including meat with gristle, fried or fatty meats or fried fish, goose, duck, mackerel, fried eggs, all cheese, peanut butter
POTATO & POTATO SUBSTITUTES	plain rice, noodles, spaghetti or macaroni, white potato without skin	sweet potato, potato skins, brown or wild rice, whole wheat noodles
VEGETABLE & VEGETABLE JUICES	tomato juice	all others
FRUIT & FRUIT JUICES	strained juices	all others
BREAD	enriched bread or toast, plain crackers, matzo, melba toast, plain rolls, rusk, zwieback, plain pita bread, plain bagels, English muffins, flour tortillas	whole grain breads, crackers or cereals, bread and rolls with seeds
DINNER (EVENING MEAL)	apple juice, cranberry juice, grape juice, fruit ice, gelatin, clear broth, hard candy, cola, coffee, tea, lemon-lime, ginger ale	