



**Examples of foods that you may eat**

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| 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.