



Dear patient,

The doctor has requested that you have an ultrasound that requires you to eat a bland diet 24 hours before the exam and nothing to eat or drink 8 hours before the exam. You may take your morning medications with a sip of water, unless your medication requires you to take with food.

Foods to Avoid:

All dairy, ice cream, milk, cheese, butter

Raw vegetables

Vegetables that make you gassy, broccoli, cabbage, cauliflower, cucumber, green peppers, corn, and all beans.

Whole-grain or brand cereals, bread, crackers or pasta

Fried foods, or fast foods like burgers or pizza

Eggs and fatty meats, pork and beef

Carbonated drinks or fizzy drinks, soda or pop

Some suggestions are:

Dry toast, Jello

Baked or Broiled chicken or fish

Cooked carrots or small baked potato seasoned with salt or pepper not with butter or sour cream

Apple juice, coffee or tea no creamer