



Special Diet for Renal Artery Duplex Ultrasound Examination

It is important that you follow these instructions very closely. If you are diabetic, please follow the diet listed below but eat enough to maintain your normal insulin administration. **You will need to purchase a package of “Gas-Ex” and take them as listed.** Please continue all prescribed and necessary medications which you normally take for heart, high blood pressure, or other medical conditions.

Do not consume any of the following the day of or prior to your ultrasound examination:

- Caffeinated beverages such as coffee or tea
- Carbonated or alcoholic beverages including soft drinks, beer, sparkling water, etc.
- Dairy or other foods which produce might gas such as corn, beans, cole slaw, etc.

The day *prior* to your ultrasound examination, please adhere to the following diet:

BREAKFAST

8 AM Clear juice (without pulp).
Toast without butter. Jelly is okay (no seeds).
Take one anti-gas tablet.

10 AM Drink one full 12 oz. glass or more of water.

LUNCH

1 cup bouillon soup with crackers.
1 chicken or turkey white meat sandwich (no butter, mayonnaise, lettuce, etc.).
½ glass of clear apple or clear grape juice.
1 serving of plain gelatin (no cream, fruit, etc.)
Drink one full 12 oz. glass or more of water and take one anti-gas tablet.

2 PM Drink one full 12 oz. glass or more of water.

4 PM Drink one full 12 oz. glass or more of water.

DINNER

1 cup bouillon soup with crackers.
1 serving plain gelatin (no cream, fruit, etc.)
1 glass clear apple or clear grape juice and take one anti-gas tablet.

7 PM Drink one full 12 oz. glass or more of water.

On the morning of the ultrasound examination:

6 AM Drink water or clear juice and take one anti-gas tablet.
DO NOT eat solid food until after your ultrasound examination.