

Your Guide To: **Prep for Renal Artery and/or AAA Ultrasound**



Day before exam:

BREAKFAST AND LUNCH

- Minimum residue diet (please read on for examples.)

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

MORNING OF THE EXAM

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

Minimum-residue diet food list:

CEREALS

- FOODS ALLOWED: cream of wheat or cream of rice, rice krispies, corn flakes, cornmeal, farina
- FOODS RESTRICTED: all others

SOUPS

- FOOD ALLOWED: fat-free clear broths
- FOOD RESTRICTED: all others

MEAT AND MEAT SUBSTITUTES

- FOODS ALLOWED: any lean, broiled, or baked meat, fish or fowl except those listed under FOODS RESTRICTED, eggs (except fried)
- FOODS RESTRICTED: all others, including meat with gristle, fried or fatty meats or fried fish, goose, duck, mackerel, fried eggs, all cheese, peanut butter

POTATO AND POTATO SUBSTITUTES

- FOODS ALLOWED: plain rice, noodles, spaghetti or macaroni, white potato without skin
- FOODS RESTRICTED: sweet potato, potato skins, brown or wild rice, whole wheat noodles

VEGETABLES AND VEGETABLE JUICES

- FOODS ALLOWED: tomato juice
- FOODS RESTRICTED: all others

FRUIT AND FRUIT JUICES

- FOODS ALLOWED: strained juices
- FOODS RESTRICTED: all others

BREADS

- FOODS ALLOWED: enriched bread or toast, plain crackers, matzo, melba toast, plain rolls, rusk, zwieback, plain pita bread, plain bagels, English muffins, flour tortillas
- FOODS RESTRICTED: whole grain breads, crackers or cereals, bread and rolls with seeds

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 (Evening meal - clear liquid diet)

- FOODS ALLOWED: apple juice, cranberry juice, grape juice, fruit ice, gelatin, clear broth, hard candy, cola, coffee, tea, lemon-lime, ginger ale

DINNER SAMPLE #1

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

DINNER SAMPLE #2

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