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## Hemorrhoid Banding Preparation

### *One day prior to procedure:*

1. You may have a regular breakfast and lunch. Dinner should be a full liquid diet. **NO SOLID FOODS.**

Example:

Group	Recommend	Avoid
Milk & milk products	milk, milkshakes, eggnog, ice cream, custard, pudding	all cheeses
Vegetables	all vegetable juices	all raw or cooked vegetables
Fruits	all juice or nectar	all fresh, frozen, or canned fruit
Breads & grains	None	ALL
Meat or meat substitutes	None	ALL
Fats & oils	butter, margarine, cream	all others
Sweets & desserts	sherbet, sugar, hard candy, plain gelatin, fruit ice, honey, syrups	all others
Beverages	all	none
Soups	broth, bouillon, strained creamed soups	all others

2. At 6:00pm drink (1) one bottle of **Magnesium Citrate** (available over the counter). Drink a full glass of water after the Magnesium Citrate.

3. Nothing to eat or drink after midnight.

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Procedure: Hemorrhoid Banding

Place: Bay Area Endoscopy Center

Dr.: \_\_\_\_\_

Date: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

Check in at \_\_\_\_\_

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