

## CLEAR LIQUID DIET INSTRUCTIONS

This diet provides foods which will leave minimal residue in the intestinal tract.

<u>GROUP</u>	<u>LIQUIDS ALLOWED</u>
Fruit Juice	Apple juice. White grape juice.
Beverages	Black coffee, tea, carbonated beverages such as Sprite® or Coca-Cola®, Gatorade®, Powerade®, Kool-Aid®, strained lemonade. Please <b>AVOID</b> all red and purple colors.
Protein	Clear broth or bouillon soups
Desserts/Sweets	Popsicles®, fruit flavored ices, flavored gelatin, Jell-O® and clear hard candy. Make sure to <b>AVOID</b> all red and purple coloring.
Seasoning	Lemon juice or honey for tea. Sugar for coffee. *NO creamer.

- **A FEW TIPS**

- To help make your prep more palatable, consider drinking it through a straw.
- Plan on a 3-4 hour stay.
- Drink plenty of clear fluids **up until 3 hours** prior to your procedure to help with dehydration.
- Do **NOT** plan on going to work, driving, or doing strenuous activities for the rest of the day after the procedure.