

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. **NO juices with pulp**
Beverages	Black coffee, tea, carbonated beverages such as Sprite® or Coca-Cola®, Gatorade®, Powerade®, Kool-Aid®, and strained lemonade. **NO RED and PURPLE colors**
Protein	Clear broth or bouillon soups
Desserts/Sweets	Popsicles®, fruit flavored ices, flavored gelatin, Jell-O® and clear hard candy. **NO RED and PURPLE colors**
Seasoning	Lemon juice or honey for tea. Sugar for coffee. *NO creamer*

***Clear Liquid Diet Details: NO RED or PURPLE. NO DAIRY**

Approved

Sprite, Starry, 7-Up, Ginger ale, Water, Popsicles without pulp, Chicken & vegetable broth, Clear juices, fitness waters, tea, Gelatin-Lemon or lime.

Avoid

No milk/dairy
No juices with pulp
NO RED or PURPLE



• **A FEW TIPS TO MANAGE YOUR PREP AND PROCEDURE DAYS**

- 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.