

# CLEAR LIQUID DIET

YOU MAY CONSUME THE FOLLOWING LIQUIDS THE DAY PRIOR TO AND THE DAY OF YOUR PROCEDURE, STOPPING 4 HOURS BEFORE YOUR PROCEDURE TIME.

Type	Hot and Cold Liquids You Can Consume	
<b>Soup</b>	<ul style="list-style-type: none"> <li>• Clear chicken or beef broth</li> <li>• Consome</li> </ul>	
<b>Sport Drinks</b>	<ul style="list-style-type: none"> <li>• Gatorade®</li> <li>• Powerade®</li> <li>• Propel®</li> </ul>	
<b>Juice</b>	<ul style="list-style-type: none"> <li>• Apple</li> <li>• Cranberry</li> <li>• White Grape</li> </ul>	
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Water</li> <li>• Tea, herbal teas</li> <li>• Kool-Aid®</li> <li>• Ginger Ale</li> <li>• Sprite®, 7-UP®</li> <li>• Flavored bottled water</li> <li>• Pedialyte®, Hydralyte™</li> </ul>	
<b>Other</b>	<ul style="list-style-type: none"> <li>• Jello® (NO RED JELLO OR POPSICLES)</li> <li>• Gelatin</li> <li>• Italian ices</li> <li>• Popsicles</li> <li>• Coffee (no milk or creamer)</li> </ul>	

## WHAT TO AVOID

- **NO** solid foods such as meat, chicken, breads, vegetables, fruit, nuts, eggs, or cheese.
- **NO** dairy products such as milk, creamer, and non-dairy creamer, ice cream, whipped cream, half & half, etc.
- **NO** cloudy liquids such as orange juice, tomato juice or soup, potato soup, and vegetable or meat soup.

**AVOID** liquids with artificial red dyes. If you CANNOT see through it, then it is **NOT** a clear liquid.