



CLEAR LIQUID DIET

A clear liquid diet is necessary during a procedure preparation to provide needed fluids. Clear liquids are easy to digest and leave little to no residue in the digestive tract. Clear liquids are liquids that you can see through. For example, coffee is a clear liquid but coffee with cream or milk is not.

It is especially important to avoid RED and PURPLE colored liquids. All other colors are okay including orange, blue, green, yellow, etc.

OK to drink

Water

Tea or black coffee *without* any milk, cream or lightener

Clear, light-colored juices such as apple, white grape, lemonade *without* pulp, and white cranberry

Carbonated drinks (not after midnight before procedure)-including dark sodas (cola and root beer)

Jell-O or other gelatin *without* fruit

Strained vegetable juice

Sports drinks such as Gatorade and Propel (light colors only)

Clear, bone broth, fat-free broth (bouillon or consommé)

Honey or sugar

Hard candy, such as lemon drops or peppermint rounds

Ice pops or popsicles (*without* milk, bits of fruit, seeds or nuts)

Do NOT drink

Alcoholic beverages

Milk or non-dairy milks

Smoothies

Milkshakes

Boost, Premier Protein, Protein 2.0

Cream

Ice cream

Orange juice

Grapefruit juice

Tomato juice

Soups (other than clear broth)

Juice, popsicles, or gelatin with red dye

Whole fruit popsicles

Egg whites