

CLEAR LIQUID DIET

Clear liquids are required the ENTIRE DAY prior to your procedure regardless of the procedure time. Entire day includes breakfast, lunch, dinner, snack time and anytime before, during, after, morning, noon, night. No solid food. Sugar and sweeteners are OK to use. Be sure to stay hydrated by drinking plenty. Gatorade type beverages will help with electrolytes and hydration.

Water

Clear broth-any flavor

(Swanson canned broth is very good)

Bouillon (any flavor)

Coffee, Teas (no creamer)

Juices

(Apple, white cranberry, white grape, peach)

Gatorade and Propel drinks

Italian Ice

Soda (diet or regular, any kind, no red)

Jell-O

Popsicles

No Red Liquids - No Pulp juices – No Dairy

If desired one white wine or clear alcoholic beverage on your preparation day is OK.

Some preparation instructions require 2 or 3 full days on a clear liquid diet. (Your instructions will indicate this) You may continue clear liquids through the night stopping 4 hours prior to your procedure time, then nothing further by mouth.