

# Clear Liquid Diet

As stated on the previous form, you will be on a CLEAR LIQUID DIET the ENTIRE DAY PRIOR to your scheduled procedure.

**Suggested hydration goal:** Hydration is part of your prep! Drink 8-oz of clear liquids every hour before you start your prep.

**Reminder:** You can have any liquid that is clear, as long as it does not contain red or blue dye.

Examples of what you CAN eat/drink:

- Coffee or tea ( no milk or non dairy creamer )
- Dietary supplements that do not contain milk (NO Ensure or Boost)
- Clear soups and/or broths ( make sure to strain vegetables and noodles
- Clear fruit juices ( apple, white cranberry, white grape, lemonade, orange- strain any pulp )
- Popsicles
- Jello (NOT Red, Blue, or Purple)
- Artificially sweetened power drinks ( Kool-Aid, Tang, Crystal Light)
- Sorbet that does not contain milk or fruit chunks
- Soft drinks ( Sprite, Ginger Ale- No Coke )



What you can NOT eat/drink:

- Milk or milk by-products
- Candy
- Chewing gum
- Grapefruit juice
- Tomato juice
- V8 juice
- NO Ensure or Boost
- ANY SOLID FOOD
- **No honey**

