

Clear Liquid Diet Instructions

Starting the day prior to your procedure you will be on a clear liquid diet. The clear liquid diet needs to start at 12AM – this means you **cannot** have a solid breakfast and then start the clear liquid diet. Liquids cannot have any seeds or pulps, as this will prevent you from having a good preparation and a successful procedure. Remember, you will also be taking the bowel prep kit prescribed to your pharmacy the day before, starting at 7 PM. The clear liquid diet will continue through the morning of your procedure. However, four hours before your procedure start time, you cannot have anything by mouth (nothing to drink).

For your convenience, we have prepared a list of foods and beverages you are permitted to have while on the clear liquid diet.

PERMITTED FOODS ON THE CLEAR LIQUID DIET	
BEVERAGES	FOOD
Soda pop, ginger ale, club soda	Clear broths or bouillon
Water and mineral water	Water and mineral
BLACK coffee – no creamer or milk	Honey
CLEAR sports drink with electrolytes (no red dye please!)	Flavored gelatin like JELLO (no red dye please!)
Tea, Iced tea	Popsicles or Italian ices – no dairy or fruit pieces
Apple juice or any other strained juice	Hard Candies

For your convenience we have also prepared a list of foods and beverages that are **not permitted** on the clear liquid diet.

FOODS YOU CANNOT EAT OR DRINK ON THE CLEAR LIQUID DIET	
BEVERAGES	FOOD
Milkshakes or juice smoothies	Soups with chunks of food
Coffee with creamer	Dairy products
Pineapple juice (or other unstrained juices with pulp)	Meat
Orange juice (or other unstrained juices with pulp)	Fruits
Milk or dairy products	Vegetables
Apple juice or any other unstrained juice	Breads, grains, rice or cereals