

CLEAR LIQUID DIET

One day before your procedure you are on a CLEAR LIQUID DIET.

Please make sure you drink lots of fluids throughout the day.

Foods that are allowed:

SOUPS: Clear broth (chicken, beef, veggie), broth from noodle soup but **DO NOT** eat the noodles.

BEVERAGES: Tea, (decaf/regular), clear soda, fruit flavored drinks (Gatorade-orange, Lemon-lime), water. **NO LIQUOR, WINE or BEER**

JUICES: Apple, white grape, lemonade (**NO ORANGE JUICE**)

DESSERTS: Jell-O (**DO NOT USE RED/PURPLE FLAVORS**), ice popsicles

MISC: Sugar, salt, honey, syrup, clear hard candy.

NO RED OR PURPLE

Foods that are NOT allowed:

- Milk, milk drinks, coffee; including non-dairy creamer, wine, liquor or beer
- Fruit juices with unstrained fruit
- Meats and meat substitutes
- Vegetables
- Grains & starches
- Fats

PLEASE MAKE SURE AND STAY WELL HYDRATED ALL DAY THE DAY BEFORE YOUR PROCEDURE.