

CLEAR LIQUID DIET

You should have as much CLEAR LIQUIDS as possible.

****NO SOLIDS OR DAIRY****

- **Water**
- **Clear fruit juices (apple, white grape, white cranberry)**
- **Tea or coffee WITHOUT milk, creams, powder creamery**
- **Soda (7UP, Sprite, Seltzer, Ginger Ale)**
- **Chicken or beef bouillon**
- **Jell-O (NO RED, NO PURPLE, NO BLUE)**
- **Italian ices or popsicles (NO RED, NO PURPLE, NO BLUE)**
- **Gatorade (NO RED, NO PURPLE, NO BLUE)**
- **Hard candies**
- **Arizona Green Tea or Arnold Palmer**
- **Wonton Soup BROTH ONLY**
- **ENSURE Clear Vanilla**

Clear liquids okay up until 6 hours prior to your procedure time. NOTHING by mouth after that, until you leave your procedure.

-Thank you