

# **CLEAR LIQUID DIET**

## **DAY OF PREP**

**TEA (decaffeinated or regular)**  
**BLACK COFFEE (NO CREAMER/MILK)**  
**CARBONATED BEVERAGES (clear or light colored only)**  
**FRUIT FLAVORED DRINKS**  
**GREEN TEA**  
**STRAINED FRUIT JUICES (without the pulp)**  
**LEMONADE**  
**GATORADE (NO RED OR PURPLE)**  
**POWERADE (NO RED OR PURPLE)**  
**WATER**

**BOUILLION (BEEF OR CHICKEN)**

**JELL-O (NO RED OR PURPLE)**  
**POPSICLE (NO RED OR PURPLE)**

**SUGAR**  
**HONEY**  
**SYRUP**  
**HARD CANDY (NO RED OR PURPLE)**  
**SALT**

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## **4 DAY PRE-PROCEDURE DIET—FOODS ALLOWED**

**MEAT—FISH, CHICKEN, PORK, TURKEY AND GROUND BEEF**

**PASTA**

**MASHED POTATOES (NO PEEL)**

**WHITE RICE**

**DAIRY—CHEESE, MILK, PLAIN YOGURT**

**EGGS**

**WHITE BREAD**