

CLEAR LIQUID DIET

Black tea (no cream)

Black coffee (no cream)

Jell-O – NO RED flavors

Soft drinks – NO RED flavors

Clear juices – NO RED flavors

Popsicles – NO RED flavors

Hard candy – NO RED flavors

Bouillon

Broth

RECOMMENDATIONS:

Gatorade (NO RED flavors)

Apple juice

White grape juice

Sprite / 7UP

Ginger ale

Squirt

YOU MAY NOT HAVE:

Tomato juice

Orange juice

Lemonade

Milk

Milk products

Solid foods

**IT IS RECOMMENDED THAT PLENTY OF CLEAR LIQUIDS BE
CONSUMED THROUGHOUT THE DAY FOR MORE EFFECTIVE BOWEL
PREPARATION.**