



Clear Liquid Diet

******It is very important to drink LOTS of these clear liquids to ensure a good preparation for your procedure******

Apple Juice

7-up/Ginger Ale/Clear Sodas

Tea/Coffee **WITHOUT** cream

Low-Sodium Chicken or Beef Broth **WITHOUT** food particles (i.e. noodles, veggies, meat)

White Grape Juice

White Cranberry Juice

Water

Sports Drinks (e.g. Gatorade, Powerade)

Plain Popsicles

NO SOLID, CREAMY OR PULPY PRODUCTS

NO MILK PRODUCTS

NOTHING RED/BLUE/PURPLE