

CLEAR LIQUID DIET

ALL DAY, PRIOR TO PROCEDURE

This diet provides foods, which will leave minimal residue in the intestinal tract, however **DO NOT TAKE ANY RED, ORANGE OR PURPLE COLORED PRODUCTS.**

FOOD GROUP

Fruit Juices	Apple, white grape and pineapple (NO PULP)
Beverages	Sprite, 7up, green tea, Gatorade, PowerAde, Propel, Kool Aid, Strained (NO PULP) lemonade.
	NO COFFEE
Soup	CLEAR chicken broth or bouillon
Desserts/Sweets	Popsicles, fruit flavored ices, flavored gelatin and hard, clear candy (NO RED,ORANGE OR PURPLE)
Seasoning	Lemon juice, honey, sugar

Your meals may consist of any amount you would like of the above food groups and can only be from what is on this list. If it is not on this list you may not have it.

Again, please do not purchase any product that is colored Red, Orange or Purple

ON THE DAY PRIOR TO YOUR PROCEDURE PLEASE DRINK PLENTY OF FLUIDS SO YOU DO NOT BECOME DEHYDRATED AND TO ACHIEVE THE BEST PREP RESULTS.