



# CLEAR LIQUID DIET

You **may have** the following:

***Drinks:***

1. Juices (like apple, pineapple, or grape) and any strained citrus juices. None with RED color
2. Hot tea, iced tea and coffee ***without cream or milk***
3. Soft drinks like ginger ale, lemon-lime soda, club soda, cola, diet cola and root beer.
4. Sports drinks (Gatorade and Powerade), orange, blue, pink, purple, green and yellow are o.k. (nothing RED in color)

***Soups:*** Clear broth, bouillon, or consommé

***Desserts:***

1. Plain popsicles – NOT the ones with pureed fruit or fiber in them. Nothing RED in color
2. Flavored gelatin (like Jell-O® without fruit). You may also drink gelatin as a warm beverage before it sets. Nothing RED in color

***Other:*** Sugar, honey, jelly or syrup

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**DO NOT** have the following:

X	1. <b><u>Do not</u></b> eat solid food.
X	2. <b><u>Do not</u></b> drink any beverage that you <b>cannot</b> see through. Nothing RED in color should be consumed.
X	3. <b><u>Do not</u></b> drink beverages containing alcohol.
X	4. <b><u>Do not</u></b> drink dairy products – like milk, hot chocolate, buttermilk, and cream.
X	5. <b><u>Do not</u></b> consume any non-dairy creamer.
X	6. <b><u>Do not</u></b> drink fruit smoothies, nectars, fruit juices with pulp, or prune juice.