GASTROENTEROLOGY
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Clear Liquid Diet

You **may** consume the following:

Drinks

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

Soups

- Clear broth, bouillon, or consommé

Desserts

- Plain popsicles – NOT the ones with pureed fruit or fiber in them; nothing **red** in color
- Flavored gelatin, such as 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

DO NOT consume the following:

- Any beverage that you **cannot** see through; nothing **red** in color should be consumed
- Beverages containing alcohol
- Dairy products, such as milk, hot chocolate, buttermilk, and cream
- Non-dairy creamer
- Fruit smoothies, nectars, fruit juices with pulp, or prune juice.