

# 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:

*Apple juice*

**White grape juice**

Clear Gatorade

*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.