

ACCEPTABLE CLEAR LIQUID DIET

The *day before* your procedure:

CHICKEN BROTH ONLY **-NO NOODLES!**

WON TON BROTH ONLY **-STRAINED!**

APPLE JUICE

GINGERALE

7-UP/SPRITE

WHITE GRAPE JUICE

WHITE CRANBERRY JUICE

ANY **DYE-FREE** FITNESS WATER

SELTZER-FLAVORED OK

COFFEE/TEA **WITHOUT MILK or CREAMERS!**

ICE POPS (**EXCEPT RED, PURPLE, OR BLUE COLORED**)

GATORADE (**EXCEPT RED, PURPLE, OR BLUE COLORED**)

JELLO (**EXCEPT RED, PURPLE, OR BLUE COLORED**)

WATER- FLAVORED OK

***OK TO MIX & MATCH- HAVE AS MUCH AS YOU WANT IF YOU'RE FEELING**

HUNGRY-MORE IS BETTER DON'T SKIMP!

ALSO OK TO HAVE BEFORE, DURING & AFTER PREP UNTIL MIDNIGHT***

****PATIENTS WITH PROCEDURES AFTER 1:30PM MAY HAVE CLEAR FLUIDS UNTIL 9AM ONLY****