CLEAR LIQUID DIET

A “clear liquid” has the consistency of water at room temperature and is transparent (you can see through it). Avoid clear liquids that are red in color during your preparation. Avoid alcohol, mild and dairy products, tomato juices and pulpy juices are NOT clear liquids.

BEVERAGES

Water
Juices: apple, white grape
Soda: Sprite, Coke, Diet Coke, Ginger Ale
Coffee with cream, Tea (iced or hot)
Gatorade, Vitamin Water, PowerAde, and other electrolyte drinks

SOUPS

Clear vegetable, chicken, or beef broth; NO NOODLES

OTHER

Jell-O gelatin
Popsicles
Fruit ice or slush
Sugar or sweeteners dissolved in any of the above