

## **Clear Liquid Diet**

**Clear liquids only are allowed the day before your procedure and up to 4 hours prior to your procedure.**

**Clear Liquid drinks include:**

Water

Apple juice, white grape juice, or white cranberry juice

Limeade or lemonade

Black Coffee or tea

Chicken or Beef broth

Gelatin desserts without added fruit or toppings (no red, blue or purple)

Gatorade or clear sports drinks

**Liquids to avoid on a clear liquid diet include:**

Liquids containing red, blue or purple dye

Milk, cream

Orange or tomato juice

Cream soups

Oatmeal, cream of wheat

Any soups other than clear broths

**Do not drink any fluids 4 hours prior to your procedure, this includes water!**