

# CLEAR LIQUID DIET

## ***Why clear liquids only?***

A clear liquid diet requires very little digestion and depending on what exam you are having, it helps to insure that your stomach and colon will be empty and completely clean for the exam. Retained food remnants could interfere with your doctor's view and may hide important conditions that may be present. You cannot have anything red because it can discolor and masquerade as a symptom of other conditions.

**\*\*1 WEEK BEFORE PROCEDURE NO NUTS, SEEDS, CORN OR POPCORN\*\***

## **DAY BEFORE YOUR PROCEDURE DO THE FOLLOWING**

### **YOU CAN HAVE :**

- Water
- Chicken or beef bouillon
- Apple Juice
- Strained fruit juices without pulp (no red or purple)
- Kool-Aid, Tang, Gatorade
- Sodas (no red or purple)
- Tea
- Coffee (*without* milk or non-dairy creamer)
- Jello (no red or purple and no fruit or toppings)
- Popsicles (without fruit or cream)
- Italian ices (no fruit bars or sherbet)
- Lifesavers and similar hard candies
- Salt, pepper, sugar or sweeteners

### **YOU CANNOT HAVE:**

- ANY SOLID FOOD OF ANY KIND
- NO fruits, vegetables, nuts, milk or creamer, milkshakes, or milk products, protein shakes, meats, breads, and cereals.
- NO oatmeal, cream of wheat, or cream soups.
- NO PULPY JUICES such as orange juice or tomato juice
- NO ALCOHOLIC beverages of any kind
- **DO NOT *drink or eat anything colored RED or PURPLE***