

CLEAR LIQUID DIET - The following foods are allowed in a clear liquid diet:

- Plain water
- Fruit juices without pulp, such as apple juice, white grape juice or white cranberry juice
- Strained lemonade
- Clear, fat-free broth (bouillon or consommé)
- Clear sodas
- Jell-O – Green, yellow or orange
- Honey
- Ice pops without bits of fruit or fruit pulp
- Tea or coffee without milk or cream

Any foods not on the above list should be avoided. Also, for certain tests, such as colon exams, your doctor may ask you to avoid liquids or gelatin with red or purple coloring.

A typical menu on the clear liquid diet may look like this.

Breakfast:	Lunch:	Dinner:
1 glass fruit juice	1 glass juice or water	1 glass fruit juice
1 glass water	1 cup broth	1 cup coffee or tea (without milk)
1 cup broth	1 bowl Jell-O	1 cup broth
1 bowl Jell-O	1 cup coffee or tea (without milk)	1 bowl Jell-O

If you are told to do a 2 day prep – Begin clear liquid diet two days before the exam. Otherwise, begin clear liquids the day before the exam beginning at breakfast.

You are also given a prescription for Phenergan. Take this if the bowel preparation makes you nauseous.