



## ***CLEAR LIQUID DIET:***

This clear liquid diet is being ordered by your gastroenterologist in order to prepare you colon for an examination. Generally, a “clear liquid” is any liquid or semi-liquid substance that is transparent (*you can see through it*).

***\*\*Milk, ice cream, Boost , and Ensure are NOT considered clear liquids and will interfere with the bowel preparation.***

You may have the following clear liquids:

- Beverages:*** Coffee, tea, carbonated beverages, sports drinks (Gatorade).
- Desserts:*** JELLO (**NO RED**), fruit ice and Popsicles (**NO RED**).
- Juices:*** Apple, White Cranberry, Grape and Kool-aid (**NO RED**).
- Soups:*** Broths and bouillon.
- Sweets:*** Sugar and hard candies.