

******* LIQUID DIET MUST BE STARTED DAY PRIOR TO PROCEDURE *******

CLEAR LIQUID DIET

THE PURPOSE OF THE CLEAR LIQUID DIET IS TO SUPPLY FLUIDS AND ENERGY FROM FOODS THAT NEED LITTLE DIGESTION. THE CLEAR LIQUIDS ALSO PROVIDE FLUIDS TO EASE THIRST. THESE LIQUIDS ALSO PROVIDE CERTAIN SALTS AND MINERALS AND PREVENT DEHYDRATION. THIS DIET IS TO BE USED FOR PREPARATION FOR MEDICAL TESTING ONLY DUE TO THE LACK OF NUTRITIONAL AND CALORIC VALUE.

PLEASE REMEMBER THAT THE VALUE OF THE EXAMINATION WILL DEPEND ON GETTING THE BOWEL THOROUGHLY CLEANED.

FOODS TO USE:

BEVERAGES: COFFEE, TEA, SOFT DRINKS
WATER, LACTOSE-FREE LOW
RESIDUE SUPPLEMENTS IF AND DAY OF TEST
PHYSICIAN, FRUIT
PULP
PULP

ALL MILK AND MILK PRODUCTS

NO RED, ORANGE OR PURPLE
PRODUCTS

SWEETS/DESSERTS: GELATIN, FRUIT CUP,
POPSICLES, CLEAR HARD
CANDY

SOUPS: BOUILLON, CONSOMME'
BROTH

FOODS TO AVOID

ALL NUTS OR SEEDS
FOR 2 DAYS BEFORE

ORDERED BY
JUICES WITHOUT THE
LEMONADE WITHOUT THE
APPLE OR WHITE GRAPE JUICE

NO BREADS, GRAINS OR
CEREALS

NO MEATS OR MEAT
SUBSTITUTES

FAT-FREE

NO OILS OR FATS

THERE ARE

NO RESTRICTIONS ON THE AMOUNTS OF FLUIDS YOU CAN DRINK

BREAKFAST

LUNCH

DINNER

JUICE
CLEAR BROTH
JELLO
COFFEE

JUICE
CLEAR BROTH
JELLO
TEA
FRUIT ICE

LEMONADE
CLEAR BROTH
JELLO
TEA
POPSICLE