

Clear Liquids

The goal of a clear liquid diet is to reduce stimulation of the digestive system and leave no residue in the intestinal tract. It is very important to follow the diet exactly. Call the nurse during office hours or by email if you have any questions.

Clear broth or bouillon	Carbonated beverages (coke, sprite)
Apple juice	Lemon or lime gelatin
White grape juice	Lemon or lime popsicles
White cranberry juice	Clear or yellow Gatorade
Black coffee or tea	Lemonade without pulp