

LIST OF CLEAR LIQUIDS FOR BOWEL PREPARATION

Colorectal Surgery Services

SOUPS

Clear broth or bouillon

Chicken soup with the meat, noodles & vegetables strained out

BEVERAGES OR FLUIDS BY MOUTH

Water or ice

Tea (no milk or non-dairy creamer)

Coffee (no milk or non-dairy creamer)

Soft Drinks

Ginger ale

Clear sodas

Sprite®

7-up®

Orange soda

Sport drinks like Gatorade®

Fruit juices (no pulp)

Prune juice

Apple juice or cider

White grape juice

White cranberry

Kool-aid®

Tang®

Hawaiian Punch®

Lemonade or Limeade

DESSERTS

Popsicles (no red or purple)

Italian Ice

Shaved Ice

Jello® (Lemon, lime, orange) with no fruit or toppings added

Hard candy (Clear)

Jolly Ranchers®

Life Savers®

THESE ITEMS ARE NOT ALLOWED

Solid foods

Milk or cream or milk products

Milkshakes

Tomato juice or soup

Orange or grapefruit juice with pulp

Cream soups

Oatmeal

Cream of wheat

Pasta or bread

Vegetables or fruits

This list **does not** replace a discussion with your physician or nurse. They may give you other instructions. If you are preparing for surgery or a procedure please see those instructions. Feel free to ask questions, come back for a visit or call if you are unclear about your diagnosis, treatment plan or these directions.