

CLEAR LIQUID DIET CHOICES

ALERT

After your prep, your stools should be clear yellow or clear green liquid with no solid matter. If not, please call the office or medical exchange.

If you experience nausea or vomiting during the prep, try the following:

- chilling the mixture
- sucking on lemon or lime slices
- adding a flavored powdered drink such as Crystal Light or Lemonade mix
- take a 15-30 minute break then start drinking again

Clear Liquid Choices

NO Alcoholic Beverages

NO RED OR PURPLE COLORED

- Water
- Tea
- Plain coffee
- Clear juices such as apple or white grape
- Lemonade from powdered mix
- Fruit-flavored drinks, such as Kool-Aid®, Crystal Light®, etc
- Carbonated beverages / soda
- Sports drinks such as Gatorade®, All-Sport®, Powerade®, etc.

- Fruit Ices / Italian Ices
- Sorbet
- Popsicles® (without milk or added fruit pieces)
- Enlive® or Breeze® clear nutritional supplement drinks
- Honey
- Sugar
- Hard candy

Clear Liquid Drink Recipes

NO RED OR PURPLE COLORED ITEMS

High Protein Fruit Drink

8 oz commercial clear liquid nutritional drink
1/2 cup sorbet
6 ounces ginger ale
Mix all ingredients and blend until smooth

Fruit Fizz

1 cup clear fruit juice from clear liquid list
1/2 cup sparkling water
1/2 cup ice
Blend ice and juice until slushy. Pour in glass and add sparkling water

Frozen Fruit Slush

1-6 oz can of frozen clear juice concentrate
4 tbsp sugar
3 cups crushed ice
Mix all ingredients and blend until smooth

Lemon Lime Slushie

Juice from two limes and one lemon
1 cup sparkling water
1 cup ice
4 tsp. sugar or to taste
Blend ice and juice until slushy. Pour in glass and add sparkling water

Home-made ice pops can also be made using fruit juice, sports drink or other favorite clear liquids.