Clear Liquid Diet List – Day Before Procedure

A clear liquid diet means eating foods or drinking beverages that you are able to see through. You may not eat any solid foods or dairy products. Do not drink anything colored red, pink or purple.

Listed below are some common clear liquids. You may have unlimited amounts of these liquids up to 2 hours prior to your procedure:

- Coffee, tea or iced tea (sugar is fine, but no milk or non-dairy creamer)
- Clear broth or bouillon (No meat, vegetables or noodles allowed)
- Sports drinks like Gatorade® or Powerade™ (No red, pink or purple)
- Carbonated and non-carbonated soft drinks (orange, ginger ale, cola, lemon-lime)
- Jell-O™ (No red, pink, or purple)
- Popsicles® (No red, pink, or purple)
- Clear juices without pulp (like apple, lemonade, white grape juice)
- Clear hard candy, such as lemon drops or Jolly Rancher™. No mints or caramels