# 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 Fruit juices (no pulp)

Tea (no milk or non-dairy creamer) Prune juice

Coffee (no milk or non-dairy creamer) Apple juice or cider Soft Drinks White grape juice

Ginger ale White cranberry

Clear sodas Kool-aid® Sprite® Tang®

7-up® Hawaiian Punch®

Orange soda Lemonade or Limeade Sport drinks like Gatorade®

#### **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 Cream soups
Milk or cream or milk products Oatmeal

Milkshakes Cream of wheat
Tomato juice or soup Pasta or bread
Orange or grapefruit juice with pulp Vegetables or fruits

This list <u>does not</u> 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.

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