

CLEAR LIQUID DIET

*****NO RED or PURPLE dyes*****

A clear liquid diet helps maintain adequate hydration, provides some important electrolytes, such as sodium and potassium, and gives some energy at a time when a full diet isn't possible or recommended.

Keep yourself hydrated while doing your bowel prep with at least 2 quarts of clear liquids throughout the day.

<u>NO Solid Foods, Only light or clear-colored liquids; Nothing RED or PURPLE</u>	<u>AVOID EATING THE FOLLOWING FOODS 5 DAYS PRIOR TO YOUR PROCEDURE</u>
<p><u>YOU MAY HAVE:</u></p> <ul style="list-style-type: none">• Water, Coconut water• Fruit juices without pulp – apple, white grape juice, strained lemonade (no orange juice or red or purple juices)• Clear broth or any flavor bouillon• Gatorade, Kool-Aid, Crystal-lite, Vitamin Water (clear, not red or purple)• Soda and iced tea, regular or diet (clear, not red or purple)• Jell-O gelatin without added fruit or toppings (clear, not red or purple)• Popsicles, ices or sorbet (lemon, peach, or mango; not red or purple)• Honey, sugar, and clear hard candies• Tea or coffee without milk, cream, or non-dairy creamers. <p><u>YOU MAY NOT HAVE:</u></p> <ul style="list-style-type: none">• Dairy products (regular milk, soy milk, rice milk, yogurt, pudding) or non-dairy creamer.• Smoothies• Blended fruit or vegetable drinks	<p>*AVOID--Nuts, Seeds and Popcorn</p> <p>*AVOID--Lettuce, Tomatoes, Onions, Cucumbers, Cabbage, Corn and Peas.</p> <p>*AVOID—Blueberries, Raspberries, Blackberries, Grapes, and Kiwi</p> <p>*All other fruits and Vegetables not listed above are acceptable without the skin/peel.</p>

SHOPPING LIST

1. One box of Dulcolax (Bisacodyl) 5 mg. each
2. 238 gram bottle of Miralax.
3. 64 ounces of your choice to be mixed with the Miralax:

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-Gatorade/Powerade, Apple Juice, Crystal Light, Vitamin Water