

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 throughout 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.• SmoothiesBlended 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 Vegetables and Fruits not listed above are acceptable without the Skin/Peel</p>

SHOPPING LIST

1. Nulytely-script called into your pharmacy

2. Need to add 64 ounces of water and ALSO add 64 ounces of your choice of the following: (to equal a total of 128 ounces) **(or you can just add 128 oz water instead of mixing with the below options)**

****NO RED OR PURPLE DYES****

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