

Twin Forks Gastroenterology & Hepatology, P.C.
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CLEAR LIQUID DIET

The following are examples of clear liquids. You may have as much of these foods for meals while preparing for the exam. Please avoid red or purple colored liquids. Sugar, sweetener and lemon are allowed. No cream, milk or pulpy juices are permitted.

Fruit Juices	Popsicles
Soda Pop	Bouillon
Water	Tea
Broth (beef, chicken)	Iced Tea
Jell-O (no fruit)®	Coffee
Lemonade	Kool-aid®
Gatorade®	Strained Juices

THE DAY BEFORE THE PROCEDURE

DIET: Take only liquids. Drink at least 8 glasses of water. Drink plenty of fluids. You may have water, tea, black coffee, clear soup, Jell-O, fruit juice, and clear carbonated beverages. **NO ALCOHOLIC BEVERAGES.**

DO NOT TAKE RED LIQUIDS. DO NOT EAT SEEDS OR NUTS. This includes RED/PINK Jell-O, Tomato/Cranberry juice. Please **DO NOT ADD** fruits or vegetables of any kind to cleansing diet.