

CLEAR LIQUID DIET INSTRUCTIONS

Allowed Clear liquids	Non-Clear liquids NOT ALLOWED
Gatorade, Pedialyte or PowerAde	Red or purple items of any kind
Coffee, tea (no milk or non-dairy creamer)	Alcohol
Carbonated and non-carbonated soft drinks	Milk or non-dairy creamer
Kool-Aid or other fruit flavored drinks	Juice with pulp
Apple juice, white cranberry or white grape juice	Hard candy
Jell-O, popsicles	Any liquid you cannot see through
Strained chicken, beef or vegetable broth	