

**The Doctors Clinic
Ambulatory Endoscopy**

Clear Liquid Diet Sheet

The following list is intended to provide you with acceptable clear liquid choices when prepping for procedures at our facility.

Type	Liquids You Can Consume	What to AVOID
Soup	<ul style="list-style-type: none"> • Clear chicken or beef broth • Consommé 	<ul style="list-style-type: none"> • NO solid foods such as meat, chicken, breads, vegetables, fruit, nuts, eggs, or cheese. • NO dairy products such as milk, creamer, and non-dairy creamer, ice cream, whipped cream, half & half, etc. • NO cloudy liquids such as orange juice, tomato juice or soup, potato soup, and vegetable or meat soup. • NO alcohol, beer, or mixed drinks. <p style="text-align: center;">AVOID liquids with artificial red or purple dyes.</p> <p style="text-align: center;">If you CANNOT see through it, then it is NOT a clear liquid.</p>
Sports Drinks	<ul style="list-style-type: none"> • Gatorade® • Powerade® • Propel® 	
Juice	<ul style="list-style-type: none"> • Apple • White cranberry • White grape 	
Beverages	<ul style="list-style-type: none"> • Water • Tea, herbal teas, green tea • Kool-Aid® • Ginger Ale • Sprite®, 7-Up® • Flavored bottled water • Pedialyte 	
Other	<ul style="list-style-type: none"> • Jello® • Gelatin • Italian ices • Popsicles • Sodas such as Coke®, Dr Pepper®, Pepsi®, Root Beer • Coffee with <u>NO</u> milk, powdered or dairy creamer, or half and half 	