



Clear Liquid Diet

This diet includes low residue fluids that are easily absorbed with minimal digestive activity. This diet does not contain all essential nutrients and is recommended if clear liquids are temporarily needed. No RED or PURPLE liquids should be consumed. You can have any of these foods at any time up until four hours before your test.

4 hours before your test, you will need to refrain from everything including water.

This a list of food/liquids allowed. Please choose only items from this list:

- water
- flavored water
- decaffeinated tea
- carbonated beverages, such as Sprite, 7-Up, ginger ale (**avoid red, purple or dark sodas**)
- fruit flavored drinks (**no red or purple colors**)
- weak coffee
- strained fruit juices (**no red or purple colors**)
- apple juice
- white grape juice
- powdered lemonade
- white cranberry juice
- clear broth (chicken or beef)
- bouillon cubes
- Jello (**no red or purple colors**)
- popsicles (**no red or purple colors**)
- sugar
- honey
- syrup
- clear hard candy (**no red or purple colors**)