

Gastroenterology Associates

Gastroenterology and Hepatology

CLEAR LIQUIDS

The following are considered clear liquids:

Plain Broth

Soft Drinks

Apple Juice

Cranberry Juice

Gatorade and other Sports Drinks

Black Tea

Black Coffee

Jell-O

Popsicles

REMINDER: Avoid clear liquids that contain red food coloring listed on its labeling along with dairy and Ensure type beverages

NO NUTS, SEEDS, OR BERRIES FOR 72 HOURS BEFORE PROCEDURE.