

ADVANCED GASTROENTEROLOGICAL ASSOCIATES

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Clear Liquid Diet

(All day before procedure until midnight)

Food Group	Food Allowed	Food to Avoid
Fruits juices	Apple and white grape juices	All others
Beverages	Tea, clears carbonated sodas, Gatorade, Kool-Aid (none with red or purple dye) Strained lemonade, water.	All others
Coffee	One cup (black). NO MILK OR CREAMER	
Soups	Clear broth, bouillon	All others
Dessert/Sweets	Popsicles, flavored ices, flavored gelatin, hard candy (none with red dye).	All others
Seasoning	Salt, lemon juice	All others

Clear liquid diet sample menu

Morning	Noon	Evening
Coffee	Tea	Tea
Juice	Apple juice	White grape juice
Chicken broth	Beef bouillon	Turkey broth
Lime gelatin	Lemon gelatin	Lime/Lemon Gelatin
Ginger Ale	Iced tea	Gatorade

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT BEFORE THE PROCEDURE