

Clear Liquid Diet Guide

What You Can and Can't Have Before Your Procedure

Clear Liquid Diet

The day before — and the day of — your procedure, you'll be on a clear liquid diet. Don't eat any solid food starting the day before, until after your procedure is complete. The chart below shows examples of what's allowed and what to avoid.

A simple rule of thumb: if you can see through it, and it isn't red, orange, or purple, it's generally a safe clear liquid.

YES — OK to Have	NO — Avoid These
• Water • Tea and black coffee, without milk, cream, or creamer • Flavored water, without red or purple dye • Clear, light-colored juices — apple, white grape, lemonade without pulp, white cranberry • Clear broth — chicken, beef, or vegetable • Soda • Sports drinks such as Gatorade or Propel (light colors only) • Popsicles without fruit or cream, and without red or purple dye • Jell-O or other gelatin without fruit, and without red or purple dye • Boost Breeze or a similar clear protein/nutrition drink	• Alcoholic beverages • Milk • Smoothies • Milkshakes • Cream • Orange juice • Grapefruit juice • Tomato juice • Soup (other than clear broth) • Cooked cereal • Any juice, popsicle, or gelatin with red or purple dye

Why avoid red, orange, or purple? These colors can look like blood on the video monitor during your exam, which can be mistaken for bleeding. Sticking to light or clear colors helps your gastroenterologist get an accurate view.

If you have any questions about whether something counts as a clear liquid, please contact our office — we're happy to help.

This guide supports your personalized prep plan and isn't a substitute for individualized medical advice. Contact our office with any questions before your procedure.