

CLEAR LIQUID DIET

A clear liquid diet consists of foods that are clear and are liquid or become liquid at room temperature. Clear liquids consist of any liquid you can see through despite the color (even once melted).

- 1. Black/Green Tea and coffee: NO CREAM, OR MILK ALLOWED*
- 2. Clear fruit juices: for example, cranberry, grape, white grape, apple, cranapple*
- 3. Other drinks allowed: Gatorade, PowerAde, Propel Water, water, iced tea, Kool Aid, Crystal Light, Ginger Ale, 7up, Sprite*
- 4. Broth: beef or chicken (NO MEAT)*

You may have as much of these as you want UNTIL 10 a.m. morning of surgery.