

NO SOLIDS

(ALL DAY)

WHAT ARE “CLEAR LIQUIDS?”

- **Water**
- **HydraLife for Oral Rehydration**
- **Soft drinks (orange, ginger ale, Sprite, 7-Up, etc.)**
- **Sports drinks (lemonade, orange flavors only)**
- **Kool-Aid (lemonade, orange flavors only)**
- **Strained fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc.)**
- **Tea or coffee (No milk or nondairy creamer)**
- **Low-salt chicken or beef bouillon/broth**
- **Hard candies (No red or purple)**
- **Jell-O-O (lemon, lime, or orange; no fruit or toppings)**
- **Popsicles, Italian ice, (No ice cream, sherbets, or fruit bars)**

****DO NOT drink or eat anything colored red or purple.**

****DO NOT drink any alcoholic beverages.**

It is important to follow the instructions from your doctor for diet and dosing times EXACTLY in order to properly prepare for your exam. If you have any problems following the instructions, call your doctor right away.