



# CLEAR LIQUIDS LIST FOR PROCEDURE PREPS

Note: You may only consume the items listed below

## Choose from:

- Strained fruit juices **without pulp**
  - Apple juice
  - White grape juice
  - Lemonade
- Water
- Clear broth or bouillon (chicken or beef)
- Coffee or tea (**without** milk or non-dairy creamer)\*
- Gatorade or G2 (for low sugar option)
- Carbonated and non-carbonated soft drinks
- Kool-Aid (or other fruit flavored drinks)\*
- Plain Jell-O (without added fruits or toppings)\*
- **Ice** popsicles\*

**\*DIABETICS- PLEASE CONTACT YOUR PRIMARY CARE PHYSICIAN FOR  
MODIFICATION OF CLEAR LIQUID DIET OR MEDICATIONS**

## Products or foods to avoid:

- **No** solid foods
- **No** red food or drink
- **No** milk or dairy products

## Five (5) days prior to the procedure avoid:

- **Blood thinners (Anticoagulants):** Coumadin (warfarin), Plavix, etc. **Note:** You must contact your physician **before** discontinuing these blood thinners.
- **Aspirin and aspirin-containing products:** Please check the label of over-the-counter pain medications
- **Anti-inflammatory drugs:** Ibuprofen, Advil, Motrin, Aleve, Celebrex, etc.
- **Dietary supplements and vitamins:** A number of vitamins and supplements affect blood clotting. You may take a daily multivitamin tablet or a Calcium + D tablet.

**TYLENOL (ACETAMINOPHEN) IS OK FOR PAIN RELIEF**