

Clear Liquid Diet

Boost or Ensure (any flavor), Glucerna for Diabetics

Beverages: Coffee (may use non-dairy creamer), Tea, Soft Drinks, Crystal Light, Kool-Aid, Lemonade, Gatorade, Gatorade G2 (has less sugar)

Fruit Juices: Apple, Grape, Orange, White Grape, etc. (anything with pulp must be strained)

Popsicles, Jello

Broth, Bouillon – any flavor

Miscellaneous: Salt, Sugar, Artificial Sweetener

Please avoid red juices/popsicles/jello.

No Milk Products or Solid Foods.

Make a conscious effort to drink as much as you can before, during, and after your bowel prep.