

Clear Liquid Diet for Bowel Prep

Drinks that are okay	Drinks that are not okay
Water	Orange or pineapple juice
Black coffee or tea without milk or cream	Milk or dairy products
Sports drinks with electrolytes	Milk shakes
Carbonated beverages and Sodas	Malt
Apple juice	Alcoholic drinks

Foods that are okay	Foods that are not okay
Clear broth and soup	Vegetables
Honey	Fruits
Hard candies	Meat or poultry products
Gelatin	Bread
Popsicles	Pasta
Sugar	Rice, grains
Fruit Ices	Cereals
Sorbet	Seeds and nuts