

## Clear Liquid Diet

NO Alcoholic Beverages  
NO RED OR PURPLE COLORED  
ITEMS

- Water
- Tea
- Plain coffee
- Clear juices such as apple or white grape
- Lemonade from powdered mix
- Fruit-flavored drinks, such as Kool-Aid®, Crystal Light®, etc\*
- Carbonated beverages / soda
- Sports drinks such as Gatorade®, All-Sport®, Powerade®, etc.\*
- GNC Isopure Lemon Green Tea (or other flavors)\*
- Fat free broth / bouillon / consommé
- Plain / flavored gelatins\*
- Fruit Ices / Italian ices\* / Sorbet
- Popsicles® (without milk or added fruit pieces)\*
- Honey or sugar

### Additional Tips

- Prep solutions taste best well chilled; try chilling the glass, too.
- If lukewarm liquids are preferred, remove the dose from refrigerator for 15–30 minutes before drinking.
- Try using a straw to drink the prep.
- Rinse mouth with water after drinking.
- Suck on hard candy, lollipops, or menthol *Halls*.
- Have reading material handy in the bathroom.

### Tips to avoid a sore bottom from frequent bowel movements

- Avoid rubbing; gently pat area with wet washcloth or pre-moistened wipe or rinse with water.
- Apply Vaseline®, Aquaphor, Preparation-H®, or diaper rash cream/zinc oxide LIBERALLY after each trip to the bathroom.
- Wipe with refrigerated Tucks® or Fleet® relief pads (available over the counter).

Referenced from:

Balaban, David H., and Stacey McCray. "The Gourmet Colon Prep." *NUTRITION ISSUES IN GASTROENTEROLOGY* XXXI.11 (2007): 41-57. Print.

## Clear Liquid Drink Recipes

### High Protein Fruit Drink

8 oz commercial clear liquid nutritional drink, such as Ensure Clear® Peach only  
1/2 cup sorbet  
6 ounces ginger ale  
Mix all ingredients and blend until smooth.

### Fruit Fizz

1 cup clear fruit juice from clear liquid list  
1/2 cup sparkling water  
1/2 cup ice  
Blend ice and juice until slushy. Pour in glass and add sparkling water.

### Frozen Fruit Slush

1-6 oz can of frozen clear juice concentrate  
4 tbsp sugar  
3 cups crushed ice  
Mix all and blend until smooth.