

GI Associates

OF NEW HAMPSHIRE

A Collaborative Practice Between
CONCORD GASTROENTEROLOGY, P.A.
DARTMOUTH-HITCHECOCK

CLEAR LIQUID DIET

PLEASE AVOID RED JELL-O® and ANY LIQUIDS THAT CONTAIN RED DYE

CLEAR LIQUIDS INCLUDE:

- Water
- Juice that you can see through (examples: apple, cranberry, white grape)
- No juices containing pulp such as orange, grapefruit, tomato, pineapple, apricot, etc.
- Jello (gelatin) – any flavor **except** red
- Popsicles, ice pops without fruit, or Italian ice (not sherbet)
- Fat free chicken or beef broth or bouillon
- Soda
- Sports drinks without red dye
- Powdered clear “juice” mixes such as Kool-aid or Crystal Light
- Coffee or tea with sugar or artificial sweetener but NO dairy (milk, cream or non-dairy creamers)

DO NOT USE:

- Dairy products (milk, cream, non-dairy creamers, half and half, etc.)
- Juices with pulp (orange, grapefruit, pineapple, tomato, apricot, etc.)
- Soups such as chicken noodle soups or other soups that contain vegetables, noodles or pasta or tomato. Broths must be clear and “see-through” without particles.