



**Liberty Surgical Associates, PLLC**  
400 136<sup>th</sup> Ave. Holland, MI 49424 616-738-0470 Fax: 616-738-0498

## **List of Clear Liquids for Bowel Preparation**

*Limit your intake to this list starting at 3:00 pm the day before your procedure*

### **Soups**

Clear broth or bouillon  
Chicken soup with meat, noodles & vegetables **strained out**

### **Beverages or Fluids by Mouth (No red, purple, or orange)**

Water or Ice	Apple Juice	Clear Soft Drinks:
Tea (no milk or non-dairy creamer)	White Grape Juice	e.g. Ginger Ale
Coffee (no milk or non-dairy creamer)	White Cranberry	Sprite®, 7-up®
Lemonade or Limeade (no pulp)	Kool-Aide®	Sports Drinks like Gatorade®

### **Desserts (No red, purple or orange)**

Popsicles  
Italian ice  
Shaved ice  
Jello® (lemon or lime) with no fruit or toppings added  
Hard candy (clear)

*This list **does not** replace a discussion with your physician or nurse. They may give you other instructions. If you are preparing for surgery or a procedure please see those instructions. Feel free to ask questions, come back for a visit, or call if you are unclear about your diagnosis, treatment plan, or these directions.*