



Clear Liquid Diet

Prep line: 414-918-3556 | Medication questions: 414-454-0600, Option 3

Procedure date: _____ Start 1 day before your procedure day: _____

| Clear liquid category | ✓ Allowed | ✗ NOT allowed |
|-------------------------|---|---|
| Hydrating drinks | <ul style="list-style-type: none"> • Water (plain, flavored, carbonated) — <i>no red or purple</i> • Gatorade®, Powerade®, VitaminWater® — <i>no red or purple</i> • Clear fruit juices (no pulp): Apple, white grape, white cranberry — <i>no red or purple</i> | <ul style="list-style-type: none"> • Red or purple liquids • Juice with pulp • Orange juice • Tomato juice • Smoothies |
| Warm liquids | <ul style="list-style-type: none"> • Clear broth/bouillon (chicken, beef, vegetable) • Herbal tea | <ul style="list-style-type: none"> • Creamy soup • Soup with solid food in it (noodles, veggies) • Hot chocolate |
| Snacks + Treats | <ul style="list-style-type: none"> • Jell-O® — <i>no red or purple</i> • Popsicles/ice pops — <i>no red or purple</i> • Gummy bears — <i>no red or purple</i> | <ul style="list-style-type: none"> • Sherbet • Ice cream |
| Caffeine | <ul style="list-style-type: none"> • Black coffee/plain tea • Energy drinks — <i>no red or purple</i> • Soda (regular or diet) • Sugar/artificial sweeteners | <ul style="list-style-type: none"> • Milk/cream (including dairy-free options) • No liquid/powdered creamers |

Tips for Patients with Diabetes

- It's important to manage your blood sugar while preparing for your procedure.
- Talk with your prescribing provider regarding diabetic medications or glucose levels during prep.
- Stay hydrated & balanced:
 - Alternate between drinks with and without carbs to help manage energy and blood sugar.
 - Do not skip all carbohydrates unless directed by your provider.
 - Aim for 45 grams of carbohydrates per meal / 15-30 grams of carbohydrates per snack.

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| Clear liquids with about 15 grams of carbohydrates • Choose these to maintain blood sugar | <ul style="list-style-type: none"> • 4 oz apple juice • 8 oz Gatorade® or sports drink — <i>no red or purple</i> • ½ cup (4 oz) Jell-O® — <i>no red or purple</i> • Popsicles/ice pops — <i>no red or purple</i> |
| Clear liquids with zero grams of carbohydrates • Can drink freely | <ul style="list-style-type: none"> • Black coffee • Plain tea or diet tea • Diet soda • Seltzer water — <i>no red or purple</i> • Flavored water — <i>no red or purple</i> • Clear, fat-free broth or bouillon (chicken, beef, vegetable) |