

24 Hr

High Calorie Clear Fluid

- Apple, Cranberry juice (no fiber or pulp)
- Lemonade (no pulp)



24 Hour Complete Clear Fluid Diet

WHAT CAN I EAT



Clear Fluids - no calories

- Water
- Black / green / herbal teas
(no milk/honey)
- Black coffee (no creamer/sugar)



6 Hr

2 Hr

NO INTAKE



- Clear sodas (ginger ale, Sprite)
- Honey or sugar dissolved in water
- Clear nutritional drinks (Ensure Clear)
- Electrolyte drinks (sports drinks like Gatorade or Powerade)
- Oral rehydration solutions (like Pedialyte or Hydralyte)
- Clear broths (chicken, beef, or vegetable, strained and fat-free)
- Plain gelatin (Jell-O)
- Popsicles (without fruit pieces or dairy)
- Ice chips or flavored ice slushies (without added dairy)

