



Wisconsin *Colon & Rectal Clinic*

A DIVISION OF NEW SURGICAL ASSOCIATES, S.C.

Clear Liquid Diet

- Water
- Clear, fat-free broth (chicken, beef, or vegetable)
- Clear carbonated beverages
- Clear beverages with caffeine
- Decaffeinated coffee
- Decaffeinated tea
- Clear fruit juice (apple, cranberry, or grape)
- Fruit ices without fruit pieces or milk
- Jell-O (orange, lemon-lime, white berries flavors)
- Popsicles
- Sports drinks (Gatorade, Powerade)

*It is **Important** that you drink at least 2 quarts (64 oz) of fluids per day. “Lots of fluids in little amounts throughout the day.”

Please call our office with any questions: (920) 494-9685