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Clear Liquid Diet Instructions

A clear, liquid diet consists of liquids which may be colored as long as they are still translucent. Liquids are easily digested and leave less residue in your intestinal tract than solid foods can. Please ensure you DO NOT ingest milk or milk products or anything red or purple in color.

Examples of clear liquids which are permissible the day prior to your procedure:

Please note, this is not an exhaustive list.

- Water, vitamin water, sparkling water, flavored water
- Black coffee
- Tea
- Soft drinks (regular or diet)
- Jell-O
- Popsicles
- Gatorade or Powerade
- Juices (no pulp)
- Broth (chicken, beef, or vegetable)
- Hard candies

Examples of foods which are NOT CLEAR LIQUIDS:

Please DO NOT consume these products the day prior to your procedure.

- Milkshakes
- Smoothies
- Apple sauce
- Yogurt
- Pudding
- Ensure or Boost
- Protein Shakes

Commerce
Northridge Specialty Clinic
209 Mercer Place
Commerce, GA 30529

Greensboro
Tender Care Clinic
803 South Main Street
Greensboro, GA 30642

Lavonia
St. Mary's Sacred Heart
367 Clear Creek Drive Suite 2003
Lavonia, GA 30553

Hartwell
Hartwell Family Practice
229 Athens St.
Hartwell, GA 30643