



**UNIVERSITY
PHYSICIANS**
BROOKLYN, INC.

Digestive Disease Center and Endoscopy Center
760 Parkside Avenue
Brooklyn, New York 11203
718 282 7234 Fax 718 282 7239

CLEAR LIQUID DIET LIST:

Do not drink or eat anything with red or purple coloring. Red/purple food coloring can leave a residue in the bowel that resembles blood. Keep this in mind when purchasing Jell-O, Popsicles, hard candy, drinks, etc.

Beverages:

- Water or tea (no milk or non-dairy creamer)
- Strained fruit juices with no pulp (apple juice, white grape juice, lemonade)
- Soft drinks/Sport drinks (ginger ale, cola, sprite, 7-Up, Gatorade)

Soups:

- Chicken or Beef broth

Desserts:

- Jell-O (lemon, orange, NO fruit, NO toppings)
- Popsicles (NO sherbets, NO fruit bars)
- Hard candies