



Carolinus HealthCare System

Mecklenburg Medical Group

CLEAR LIQUID DIET CHOICES

ALERT

After your prep, your stools should be clear yellow or clear green liquid with no solid matter. If not, please call the office or medical exchange.

If you experience nausea or vomiting during the prep, try the following:

- chilling the mixture
- sucking on lemon or lime slices
- adding a flavored powdered drink such as Crystal Light or Lemonade mix
- take a 15-30 minute break then start drinking again

<p>Clear Liquid Choices NO Alcoholic Beverages NO RED OR PURPLE COLORED</p> <ul style="list-style-type: none">• Water• Tea• Plain coffee• Clear juices such as apple or white grape• Lemonade from powdered mix• Fruit-flavored drinks, such as Kool-Aid®, Crystal Light®, etc• Carbonated beverages / soda• Sports drinks such as Gatorade®, All-Sport®, Powerade®, etc.• Fat free broth / bouillon / consommé• Plain/flavored gelatins• Fruit leas/Italian ices• Sorbet• Popsicles® (without milk or added fruit pieces)• Enlive® or Breeze® clear nutritional supplement drinks• Honey• Sugar• Hard candy	<p>Clear Liquid Drink Recipes NO RED OR PURPLE COLORED ITEMS</p> <p>High Protein Fruit Drink 8 oz commercial clear liquid nutritional drink 1/2 cup sorbet 6 ounces ginger ale Mix an ingredients and blend until smooth</p> <p>Fruit Fizz 1 cup clear fruit juice from clear liquid list 1/2 cup sparkling water 1/2 cup ice Blend ice and juice until slushy. Pour in glass and add sparkling water</p> <p>Frozen Fruit Slush 1-6 oz can of frozen clear juice concentrate 4 tbsp sugar 3 cups crushed Ice Mix all ingredients and blend until smooth</p> <p>Lemon Lime Slushie Juice from two limes and one lemon 1 cup sparkling water 1 cup ice 4 tsp. sugar or to taste Blend ice and juice until slushy. Pour in glass and add sparkling water</p> <p>Home-made ice pops can also be made using fruit juice, sports drink or other favorite clear liquids.</p>
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