



Physicians Plaza
988 Oak Ridge Turnpike, Suite 200
Oak Ridge, Tennessee 37830

865-483-4366

CLEAR LIQUID DIET

THESE ITEMS ARE ALLOWED:

WATER

CLEAR BROTHS: Beef, Chicken or Vegetable

JUICES: Apple, White Grape, Cider, Gatorade, Tang, Kool-Aid (nothing red or purple in color).

SODAS: Any Color.

TEA

COFFEE - BLACK - No dairy or nondairy creamer

JELLO: Lemon, Lime or Orange only.

POPSICLES: Not red or purple in color and without fruit or cream.

ITALIAN ICES

SALT, PEPPER and SUGAR may be used.

No Alcoholic Beverages during prep or day of procedure.

**REMEMBER: IF YOU CAN'T SEE THROUGH IT,
DON'T DRINK IT!!**

NPO means no tobacco products, no mints, no gum nothing by mouth.