

Clear Liquid Recommendations

What is considered a clear liquid?

Hold a piece of newspaper or paper with print on it up to the liquid and try to read it, if you can see the words, the liquid is clear.



✓ OKAY



✗ DO NOT HAVE

Clear liquids include:

- Water (plain, seltzer, sparkling, or flavored)
- Clear sports drinks (Gatorade, Powerade, Proper, etc.)
- Clear juices (apple or white grape)
- Black Coffee or tea (without cream or milk)
- Soft drinks (soda/pop - avoid dark colas)
- Flavored gelatin/Jell-O (without fruit - yellow and green are best)
- Italian ice, plain popsicles/ice pops (no pureed fruit or fiber, no sherbet or gelato)
- Clear vegetable, chicken, or beef broth/bouillon.
- Hard candies, lollipops, menthol cough drops

Liquids to avoid:

- Anything colored, RED, PURPLE, BLUE, or ORANGE
- Any solid foods
- Milk, dairy drinks, creamer
- Alcohol
- Tomato juice, Orange juice, Grapefruit juice
- Bone broth
- Cream based or chunky soups