


Procedure Diet Guidelines

Low Residue Diet	Clear Liquid Diet		N.P.O.
(Low Fiber)	 <p>Soda pop, ginger ale, and club soda</p> <p>Water and mineral water</p> <p>Black coffee (No Cream or Milk)</p> <p>CLEAR sports drink with electrolytes</p> <p>Apple juice</p> <p>Tea</p> <p>This is orange juice. Orange juice is not clear because you can't read the newspaper through it. Don't drink this.</p> <p>This is pineapple juice. It's also not clear. Don't drink this.</p> <p>This is apple juice. Apple juice is clear because you can read newspaper print through it. You can drink this.</p>		<p>NOTHING BY MOUTH</p>
<p>Foods To Eat:</p> <ul style="list-style-type: none"> • White bread/rice/white noodles/pasta • Milk/Yogurt/Eggs • Skinless turkey/chicken/fish • Cooked vegetables without seeds: <ol style="list-style-type: none"> 1. Carrots 2. Green beans 3. Cooked potatoes 	<p>Clear Liquids:</p> <ul style="list-style-type: none"> • Apple juice • White grape juice • Black coffee • Tea (without cream/milk) • Yellow/clear sports drinks • Jell-O • Popsicles • Nothing red or purple 	<p>NOT Clear Liquids:</p> <ul style="list-style-type: none"> • Orange juice • Pineapple juice • Milk/dairy products • Alcohol • Any fruit juices with pulp 	