
MEDICAL FACULTY ASSOCIATES

THE GEORGE WASHINGTON UNIVERSITY

CLEAR LIQUID DIET

You have been asked to be on a clear liquid diet for 24 hours prior to your surgery date. (Remember **not** to eat or drink anything after midnight the evening before your surgery.) Clear liquids are liquids that you are able to see through. Please follow the diet below.

Water

Clear Broths (**no** cream soups, meat, noodles etc.)

- chicken broth
- beef broth

Juices (**no** orange juice, tomato juice or any juice with pulp)

- apple juice or apple cider
- grape juice
- cranberry juice
- Tang
- Hawaiian Punch
- lemonade
- Kool Aid
- Gator Aid

Tea (you may add sweetener, but **no** cream or milk)

Coffee (you may add sweetener, but **no** cream or milk)

Clear Jello (**without** fruit)

Popsicles (**without** fruit or cream)

Italian ices or snowballs (**no** marshmallow)

