Your doctor has ordered _____ hours of clear liquids for you to help prepare your body before your test or surgery. Do not eat any solid foods during this time.

You may have these liquids:
- Water
- Soft Drinks
- Gatorade® and other sports drinks
- Kool-Aid®
- Clear juices: apple, cranberry, grape
- Strained lemonade, fruit punch, powdered fruit mixes
- Tea, decaffeinated tea (NO cream added)
- Coffee, decaffeinated coffee (NO cream added)
- Broth, bouillon
- Jell-O®
- Popsicles
- Plain fruit ices (NOT with cream, pudding, or fruit pieces)
- Hard candy, honey, sugar

You may not drink:
- Milk, smoothies or other dairy products
- Orange juice, fruit nectars or vegetable juices
- Alcohol

If your test or surgery involves the digestive system (esophagus, stomach, or bowels), avoid all red liquids, red popsicles, red Jell-O®, and red hard candy.

You may want to limit liquids with caffeine. These can upset an empty stomach.