



# Clear Liquid Diet Choices and Recipes

Congratulations on making preventative healthcare a priority! You will soon be having a colonoscopy performed by a surgeon at Penobscot General Surgery. Your healthcare team will be here to assist as you prepare and proceed with your screening.

Be sure to read your medication's instructions on bowel preparations thoroughly before you begin. Please don't hesitate to call us if you have any questions. Here are a few helpful suggestions as you undergo the bowel prep:

## Clear Liquid Choices

### NO Alcoholic Beverages

- Water
- Tea
- Plain coffee
- Clear juices such as apple or white grape
- Lemonade from powdered mix
- Fruit-flavored drinks, such as Kool-Aid®, Crystal Light®, etc
- Carbonated beverages / soda
- Sports drinks such as Gatorade®, All-Sport®, Powerade®, etc.
- Fat free broth / bouillon / consommé
- Plain / flavored gelatins
- Fruit ices / Italian ices
- Sorbet
- Popsicles® (without milk or added fruit pieces)
- Enlive® or Breeze® clear nutritional supplement drinks
- Honey
- Sugar
- Hard candy

Home-made ice pops can also be made using fruit juice, sports drinks or other clear liquids.

## Clear Liquid Drink Recipes

### High Protein Fruit Drink

8 oz commercial clear liquid nutritional drink  
1/2 cup sorbet  
6 ounces ginger ale  
Mix all ingredients and blend until smooth.

### Fruit Fizz

1 cup clear fruit juice from clear liquid list  
1/2 cup sparkling water  
1/2 cup ice  
Blend ice and juice until slushy. Pour in glass and add sparkling water.

### Frozen Fruit Slush

1-6 oz can of frozen clear juice concentrate  
4 tbsp sugar  
3 cups crushed ice  
Mix all ingredients and blend until smooth.

### Lemon Lime Slushy

Juice from two limes and one lemon  
1 cup sparkling water  
1 cup ice  
4 tsp sugar or to taste  
Blend ice and juice until slushy. Pour in glass and add sparkling water.

## Other notes

If you experience nausea or vomiting during the prep, try the following:

- chilling the mixture
- sucking on lemon or lime slices
- adding a flavored powdered drink such as Crystal Light or Lemonade mix
- take a 15-30 minute break then start drinking again.