



Adult and Pediatric Urology

CLEAR LIQUID DIET

Certain tests, x-rays, procedures, and surgeries require a clear liquid diet. Clear liquids are liquids that you are able to see through:

WATER

CLEAR BROTHS (No cream soups, meat, noodles, etc.)

- Chicken Broth
- Beef Broth

JUICES (No orange juice or tomato juice)

- Apple Juice or Apple Cider
- Grape Juice
- Grapefruit 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)

DO NOT eat or drink anything after midnight the night before your surgery/test/or procedure!