Clear Fluid
BOWEL PREP

Date of Surgery: ________________________________

One DAY (24 hours) prior to your surgery:
Start a clear fluid diet for breakfast, and continue taking only clear fluids until the evening before surgery.

Clear fluids include:
• Clear apple juice – store bought only
• orange juice – no pulp
• grape juice
• cranberry juice
• popsicles – not the ones with ice cream inside
• jello
• Gatorade – helps to prevent dehydration
• clear tea and coffee with sugar only, no cream – keep to a minimum
• water
• pop
• clear broth – chicken, beef
• pop

From midnight until 4 hours prior to the scheduled time of surgery, you may have one cup only of one of the following clear fluids?

• water
• apple juice (store purchased, not homemade juice)
• tea (with sweetener, no milk)
• coffee (with sweetener, no milk)