



323 W. OAK ST. KISSIMMEE FL. 34741
PH: 407-703-3300 | FAX: 407-703-3302
Dr. Vinay Katukuri

CLEAR LIQUID DIET

Two days (2) prior to procedure do not eat any raw vegetable, red meat or cheese.

The day before the procedure Date: _____ Day: _____

- ✓ You will be on clear liquid diet all day.
- ✓ No solid foods.
- ✓ Do not drink any red, pink, blue or purple liquids.
- ✓ Please do not drink any dairy products (milk, cream, yogurt)
- ✓ You may have 1 cup of coffee or tea without cream or milk.

Examples of clear liquids are:

- ✓ Sprite or Ginger Ale. (we recommend soda with no caffeine, as caffeine causes dehydration.)
- ✓ Water, sparkling water, tonic water, coconut water
- ✓ Gatorade, PowerAde or crystal light as you wish as long they are not red, pink, blue or purple.
- ✓ Chicken/ Beef / Vegetable broth or soup, without noodles, veggies or crackles.
- ✓ Lemonade
- ✓ White grape juice, apple juice or white cranberry.
- ✓ Tea, coffee (no cream or milk)
- ✓ You may also have Jell-O (only yellow, green or orange allowed)

YOU CAN NOT HAVE RED, PINK, BLUE OR PURPLE LIQUIDS.

*** No eating the day of the procedure. If your procedure is in the afternoon, you may have your liquid diet up to 6 (six) hours prior to procedure.***