

**Saratoga Schenectady  
Endoscopy Center, LLC  
Burnt Hills, N.Y. 12027**

**Clear Liquid Diet:**

**Purpose:** The clear liquid diet is used to prepare you for your exam. It is very important for the stomach and colon to be completely clean to get the best possible exam. It is also very important when having anesthesia to have nothing in the stomach to help prevent any complications from anesthesia.

**Food Allowed**

Bouillon or Fat Free Broth  
Jello – green, yellow, blue  
Popsicles – green, yellow, blue, white  
Coffee – black  
Tea – black  
Juice – apple, cranberry, white grape  
Soft drinks – soda  
Crystal Lite – yellow, brown  
Italian Ice – yellow, white  
Sweeteners – like sugar, splenda  
(dissolved in tea or coffee)

**Foods NOT Allowed**

Red or Purple Dyes  
Jello – red or purple  
Popsicles – red or purple  
Creamer or any milk products  
Juice with pulp  
Orange juice  
Alcoholic beverages  
Pudding  
Yogurt  
Ice Cream  
Sherbet  
Solid foods – fruit, veggies,  
Breads, grains, meat  
**MINTS, COUGH DROPS,  
GUM OR HARD CANDY!!!**

**In Preparation for Medical Tests:** It is important that the diet instructions be followed exactly. If you have any questions regarding them please call your doctor at 831-1500 for clarification to avoid the cancellation of your procedure and a cancellation fee.