



Tennessee Valley Surgery Group, P.C.

1751 Veterans Drive, Suite 125

Florence, AL 35630

Office (256) 766-0150

Fax (256) 764-4638

www.tvsgp.com

**CLEAR LIQUID DIET
NOTHING RED OR PURPLE!**

LIQUIDS THAT ARE ALLOWED ON A CLEAR LIQUID DIET:

- WATER
- TEA
- APPLE JUICE
- LEMONADE
- WHITE GRAPE JUICE
- COFFEE: 1 CUP WITH LIQUID BREAKFAST, THEN NO MORE COFFEE
- CHICKEN BOUILLON OR BROTH
- BEEF BOUILLON OR BROTH
- KOOL-AID POPSICLES (NO RED OR GRAPE)
- JELLO – ANY FLAVOR EXCEPT RED OR GRAPE
- GATORADE (ANY COLOR BUT RED OR GRAPE)
- ANY TYPE OF CLEAR SOFT DRINK: 7UP, GINGER ALE, MOUNTAIN DEW, SPRITE

NOT ALLOWED ON A CLEAR LIQUID DIET:

- MILK
- MILK SHAKES
- ENSURE
- SLIM FAST
- ANY SOLID FOOD
- ANY SOUP WITH SOLID MATERIAL, SUCH AS NOODLES
- ANY CREAMED SOUPS