

## JUST WHAT IS A CLEAR LIQUID?

As a category, *Clear Liquids* is broader than you might think. It's more than just water and lemon-lime soda. The variety of liquids that qualify as clear may surprise you; they usually include the following:

- ☞ Water (the original clear liquid)
- ☞ Flavored drink mix (lemonade, lime, orange flavors only)
- ☞ Fruit juices as long as they're strained, without pulp (apple, white grape, white cranberry)
- ☞ Hard candies, as long as they're not red or purple
- ☞ Tea or coffee (**no** milk or non-fat dairy creamer)
- ☞ Chicken or beef bouillon/broth
- ☞ Frozen ice pops or Italian ice (no ice cream, sherbets, or fruit bars)
- ☞ Gelatin (Jell-O) lemon, lime, orange; no fruit or toppings
- ☞ Soft drinks (orange, ginger ale, cola, and lemon-lime soda for example)

**Note:** Don't drink or eat anything colored red or purple and skip alcoholic beverages while you prep. (Alcoholic beverages contribute to dehydration)

Drink a lot of clear liquids before, during and after your bowel preparation to keep you hydrated. You may have clear liquids **until 3 hours before** your scheduled arrival time at the Endoscopy facility. It is important to drink plenty of clear liquids even if you don't feel especially thirsty to stay well hydrated.

**STOP DRINKING LIQUIDS 3 HOURS BEFORE YOU ARE SCHEDULE TO ARRIVE AT Methodist Endoscopy @ IMA or the procedure will be cancelled and rescheduled. Not even a sip!**

Any questions about the prep? Please call 219-736-4653 or 219-736-4660 ext. 136 for answers.