

CLEAR LIQUID RECOMMENDATIONS

NO FLUIDS WITH DAIRY, ALCOHOL, PARTICLES OR SEDIMENT

NO FLUIDS WITH BLUE, PURPLE, OR RED COLORING

ANYTHING YOU CAN SEE THROUGH SHOULD BE OKAY

BLACK COFFEE, HOT OR ICED TEA (NO ESPRESSO, CREAM OR DAIRY)

7-UP, SPRITE, GINGER ALE

APPLE JUICE OR WHITE GRAPE JUICE

POPSICLES- LEMON OR LIME ONLY

CHICKEN OR BEEF BROTH (NO CREAM OR DAIRY SOUPS)

JELLO- LEMON OR LIME ONLY

GATORADE OR POWERADE- LEMON, LIME OR CLEAR ONLY

WATER

Any questions, please call the Surgical Associates M-F from 8-4:30pm.

(907)714-4130