



Digestive Health
Associates & Center of Reno

Examples of things on a clear liquid diet:

- Water
- Chicken or beef broth
- Tea and coffee (no cream or dairy products)
- DO NOT have any liquids that are red or purple
- Jell-O without fruit chunks
- Gatorade or other sports drinks (no red or purple)
- Crystal Light or Kool-Aid (no red or purple)
- Soft Drinks
- Juice (apple, white grape)
- Popsicles (no red or purple)

Please call the office during regular business hours for any questions
775-829-8855

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