

What are Clear Liquids



- Black Coffee and Tea (sugar and honey are ok)
- Chicken or Wonton broth
- Apple, white grape, white cranberry, or other transparent juices
- Italian ices or popsicles without milk- NO Red or Orange
- Sports drinks
- Water
- Sodas and carbonated beverages
- Jell-O
- Clear Hard Candy



What You Can Not Have

- Milk
- Creamer
- Ice cream
- Pudding, Applesauce
- Orange juice or any non-clear juice
- Anything with pulp
- Any Solid food
- Oatmeal

