

## **Clear Liquids Include:**

- Strained fruit juices without pulp (for example, apple, white grape, lemonade – they cannot be colored red or purple)
- Clear broth or bouillon water
- Water
- Coffee or tea (without milk or dairy products)
- Gatorade
- Carbonated or non-carbonated soft drinks
- Kool-Aid (or other fruit-flavored drinks)
- Plain Jello (without added fruits or toppings)
- Popsicles

**Please avoid Alcohol, all milk or dairy products,  
and all liquids colored red or purple.**

**2 days prior to exam avoid nuts, seeds, corn, popcorn, raw  
fruit, raw vegetables, and salads.**