

CLEAR LIQUID DIET
(Day Prior to Procedure)

TRILYTE TIPS

Note: NO LIQUIDS THAT ARE RED IN COLOR

Soups

- Bouillon (Beef, Chicken, or Veg.)
- Broth (plain)

Desserts

- Jell-O (except red)
- Popsicles (except red)

Beverages

- Apple Juice
- Black Coffee
- Tea (green or black)
- Gatorade/Sports Drinks (except red)
- Lemonade (no pulp)
- Pop/Carbonated Soft Drinks (Coke or Pepsi are okay)
- White Grape or White Cranberry Juice

CAUTION

Do not consume alcohol, as it can result in renal disease and dehydration.

In addition, you may have the following:

- Hard Candy (not red)
- Sugar
- Honey
- Salt
- Syrup

- To improve the taste, mix your Trilyte solution in the morning with water and refrigerate until 6 p.m.
- Use a lemon drop candy in between sips.
- Use a straw to avoid as much contact as possible with your tongue.
- Do not “force” yourself to drink all the Trilyte prep solution all at once. Drink at your own pace over the 2 hour period.

