



Department of Gastroenterology  
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#### **CLEAR LIQUID DIET**

Tea (Hot or Cold)  
Water  
Colas-Coke, Diet Coke, Sprite, Ginger Ale, etc. Any flavor (**NO RED**)  
Bouillon or Clear Broth  
Jell-O Plain, no fruit added and any flavor (NO RED)  
Popsicles (**NO RED**)  
Apple Juice  
Gatorade (**NO RED**)  
Black Coffee – **no creamer added**  
Cranberry juice – this juice is okay because it's a natural red  
Grape Juice  
Kool-Aid any flavor but **NO RED**  
Crystal Light any flavor but **NO RED**

#### **FIBER FREE DIET**

#### **NO SUBSTITUTIONS TO ANY OF THE FOODS!**

#### **BREAKFAST**

30 grams (1 ½ ounces) of cheese OR two eggs (fried/boiled)  
(for example, you could make 2 grilled cheese sandwiches OR 2 fried egg sandwiches)  
½ cup of milk, ¼ loaf of white bread (4 slices – **WHITE BREAD ONLY**)  
1 tbsp of olive oil or butter (used to cook with)

#### **LUNCH**

90 grams (3 ounces) of meat (beef, chicken or fish) (size of the cup/palm of your hand)  
½ cup cooked white rice  
½ cup of ice cream  
2 tbsp of olive oil (used to cook with)

#### **DINNER (to be eaten before 6 PM when starting Bowel Prep)**

30 grams (1 ½ ounces) of cheese OR two eggs (fried/boiled)  
1 cup of Jell-O  
½ cup of milk, yogurt OR pudding  
1 tbsp of olive oil (used to cook with)

**PLEASE DO NOT EAT, DRINK, SMOKE OR CHEW AFTER YOUR MORNING PREP!!**