

# CAN I DRINK THIS?

## Clear Fluids Quick Guide

These keep you hydrated and your bowel clean.



### CHOOSE THESE OK DRINKS



Water Still or sparkling



Apple juice  
*Without pulp, non-cloudy*



Lemonade



Ginger ale



Electrolyte drinks  
*Clear varieties only*



Clear cordial  
*(e.g. lime/lemon)*



Black tea  
*Without milk*



Black coffee  
*Without milk*



Clear broth or stock



Jelly  
*(Approved colours only)*



### AVOID THESE NON-CLEAR FLUIDS



Milk or milk alternatives



Orange juice or juice with pulp



Smoothies or thick drinks



Alcohol of any kind



Red or purple drinks  
*(e.g. cranberry, grape)*



Blue or green drinks  
*(e.g. blue cordial)*



Any drinks with pulp or bits



Thick, creamy or dairy drinks



Soup containing vegetables or pieces



Foods or drinks you cannot see through



#### ScopeCoach Tip

Sip small amounts, stay hydrated.

**If you can't see through it, don't drink it.**



Always follow your hospital's instructions if they differ.