



USMD Clear Liquid Diet

You've been instructed to follow a Clear Liquid Diet the day before your procedure because you are taking a GLP1 Agonist.

The following **ARE ALLOWED**:

- Water
- Clear fruit juice - ex. apple, white grape, cranberry
- Jello/Gelatin – without fruit
- Black Coffee - no milk or cream
- Tea: hot or cold – no milk or cream
- Soft Drinks: any flavor
- Crystal Light: any flavor
- Sports drinks: ex. Gatorade/Powerade
- Clear nutritional drinks: ex. Pedialyte
- Honey or sugar may be used in small amounts for coffee/tea

The following **ARE NOT ALLOWED**:

- Ø Milk, cream, or non-dairy creamers
- Ø Smoothies
- Ø Citrus juices ex. Orange, Grapefruit
- Ø Soup
- Ø Alcohol – NO alcohol allowed (even if it is clear)
- Ø Ice cream/sherbert

****If you have a history of diabetes, please be mindful of your blood sugar and choose sugar-free options when needed****