



Interior Health

Vernon Jubilee Hospital

Clear Fluid BOWEL PREP

Date of Surgery: _____

One DAY (24 hours) prior to your surgery:

Start a clear fluid diet for breakfast, and continue taking only clear fluids until the evening before surgery.

Clear fluids include:

- Clear apple juice – store bought only
- orange juice – no pulp
- grape juice
- cranberry juice
- popsicles – not the ones with ice cream inside
- jello
- Gatorade – helps to prevent dehydration
- clear tea and coffee with sugar only, no cream – keep to a minimum
- water
- pop
- clear broth – chicken, beef
- pop

From midnight until 4 hours prior to the scheduled time of surgery, you may have one cup only of one of the following clear fluids?

- water
- apple juice (store purchased, not homemade juice)
- tea (with sweetener, no milk)
- coffee (with sweetener, no milk)

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