

Wesley Medical Centre  
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Provider No: 2029033W

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## **CLEAR FLUIDS**

- Water
- Tea / coffee without milk or dairy creamer
- Strained fruit juices without pulp – apple, grape, orange
- Clear soup / Bonox
- All the following that are **NOT** coloured **RED** or **PURPLE**.
  - . Fruit flavoured cordials
  - . Plain jelly (without added fruits or toppings)
  - . Staminade
  - . Carbonated or non-carbonated soft drinks
  - . Clear ice-blocks