



PATIENT EDUCATION

Clear Liquid Diet

Clear Liquid Diet Information

- A clear liquid diet consists of clear liquids such as water, broth and plain Jell-O.
- A clear liquid diet slows down the digestive system and leaves no undigested food in the body.
- This diet is also used in preparation for medical tests.
- A clear liquid diet includes liquids that do not have fat and fiber. A clear liquid diet cannot provide you with the needed calories or nutrients and should not be continued for more than a few days.
- A clear liquid diet is often used before tests that require no food in your stomach or intestines, such as before flexible sigmoidoscopy, colonoscopy, pouchoscopy, stool transplant, and upper endoscopy.

Important Clear Liquid Diet

- A clear liquid diet helps maintain adequate hydration, provides some important electrolytes, such as sodium and potassium, and gives some energy at a time when a full diet is not possible or recommended.
- Most importantly, you **cannot eat solid foods** while on a clear liquid diet.
- Do not take any **red or purple** colored juices, Jell-O or beverages.

Clear Liquid Diet Items

The following foods are allowed in a clear liquid diet:

- Water (plain, carbonated or flavored)
- Fruit juices without pulp, such as apple or white grape
- Fruit-flavored beverages, such as lemonade
- Carbonated drinks, including dark pop (cola and root beer)
- Gelatin or Jell-O (no red or purple colors)
- Tea or coffee without milk or cream
- Sports drinks (Gatorade only) (no red or purple colors)
- Clear, fat-free broth (bouillon)
- Ice pops without milk, bits of fruit, seeds, or nuts
- No alcohol beverages

Any foods not on the above list should be avoided