



Clear Liquid Diet

A clear liquid diet is made up on only clear fluids and foods that turn to clear liquid when they are at room temperature. It includes things like clear broth, tea, cranberry juice (when not preparing for a colonoscopy), Jell-O (not red when preparing for a colonoscopy), and Popsicles (not red when preparing for a colonoscopy).

Eating only clear liquid gives you enough nutrition for 3 to 4 days. It is safe for people with diabetes, but only for a short time when they are closely being followed by a doctor.

This diet is often used before a medical test or procedure, before certain surgeries, or as a result of an intestinal problem. It is important to follow this clear liquid diet EXACTLY when prescribed by your physician.

If you have diarrhea or have a stomach problem and your doctor prescribes a CLEAR LIQUID DIET, it will normally be followed by a subsequent diet where you progress to solids, but only as prescribed by your physician.

What Can You Eat or Drink:

You can eat or drink only the things you can see through. Clear fruit juices are okay, but juice with nectar or pulp are NOT okay. Milk is also NOT okay. Broth or consommé with fat bubbles floating on top, need to be removed by freezing the broth and skimming off the fat first.

You can have these clear liquids:

- Plain water
- Fruit juices without pulp, such as filtered apple juice.
- Soup broth (bouillon or consommé without fat)
- Clear sods, such as Ginger Ale and Sprite
- Gelatin (Jell-O)
- Popsicles that do not have bits of fruit or fruit pulp in them
- Sports drinks (like Gatorade, etc.)
- Tea or Coffee with no cream or milk added

It is okay to add sugar and lemon to your hot tea. Remember: DON'T add milk or cream to your tea or coffee.

When on a clear liquid diet, try having a mix of 3 to 5 of these choices for breakfast, lunch, and dinner to vary your clear liquid diet. Avoid things that are not on the list, including fruit nectars and canned or frozen fruit.

Please note: If preparing for a COLONOSCOPY, all clear liquids must not have ANY red coloring. These include NO cranberry juice, red Jell-O, red popsicles, red sports drinks, etc.