

Clear Liquid Diet

NO SOLID FOODS ON YOUR PREP DAY!!

Purpose:

A clear liquid diet is often prescribed before and after surgery, in preparation of certain medical tests, or during time of gastrointestinal inflammation. Clear liquids can help maintain fluid balance and provide the body with important electrolytes such as salts and minerals. They also reduce stimulation of the digestive system and do not leave residue in the intestinal tract.

Clear Liquid Guidelines

- A clear liquid diet is not adequate in calories and other important nutrients therefore it is not intended for long term use.
- Clear liquids are basically any liquid you can see through such as apple juice. (**excluding liquids with red, purple, or blue dyes as they can stain the colon or anything with Dairy, or Dairy substitute and anything with pulp**)
A clear liquid diet has been ordered in preparation for a medical test or procedure it is important that the diet be strictly followed this will mean that you should have NO SOLID FOODS OF ANY KIND.
- Failure to do so could interfere with test results or the procedure may have to be rescheduled.
- Should you experience persistent abdominal cramping or discomfort while on a clear liquid diet notify your physician.

Clear Liquid Food List

Food Group	Recommend	Avoid
Fruits	Fruit juice without pulp	All
Sweets & Desserts	Jello, popsicles without pulp, clear hard candy	All others
Beverages	Black coffee, tea, soft drinks, water, sport drinks / Gatorade & Powerade, Clear Protein Drinks	All others
Soups	Bouillon, broths	All others

If you have any questions please contact Endoscopy Scheduling 385-203-1150 or the Facility you are scheduled with.