

Clear Liquid Diet

A clear liquid diet consists of clear liquids, such as water, broth and plain gelatin that are easily digested and leave no undigested residue in your intestinal tract. Prior to your colonoscopy your doctor may prescribe a clear liquid diet for a partial or whole day. Because a clear liquid diet can't provide you with adequate calories and nutrients, it shouldn't be continued for more than a few days. It's designed to keep your stomach and intestines clear, limit strain to your digestive system, but **keep your body hydrated as you prepare for your procedure.**

Do not have any dairy products (no milk or yogurt), fats, fruits, vegetables, meat or meat products, grains, or starches or soups.

The following foods are allowed in a clear liquid diet:

(You should be able to see thru what you are drinking. Avoid all red and or purple liquids).

- Plain water
- Carbonated Beverages
- Fruit juices **without pulp**, such as apple juice, white grape juice.
- **Strained** lemonade or fruit punch
- Clear, fat-free broth (bouillon or consommé)
- Clear sodas (ginger ale, Sprite, 7 up)
- Plain gelatin
- Honey
- Clear hard candy
- Ice pops without bits of fruit or fruit pulp
- Tea or coffee without milk or cream

A typical menu on the clear liquid diet may look like this.

Breakfast:

1 glass fruit juice
1 cup coffee or tea (without dairy products)
1 cup broth
1 bowl gelatin

Snack:

1 glass fruit juice
1 bowl gelatin

Lunch:

1 glass fruit juice
1 glass water
1 cup broth
1 bowl gelatin

Snack:

1 ice pop (without fruit pulp)
1 cup coffee or tea (without dairy products) or a soft drink

Dinner:

1 cup juice or water
1 cup broth
1 bowl gelatin
1 cup coffee or tea

Please note:

Because a clear liquid diet can't provide you with adequate calories and nutrients, it shouldn't be used for more than a few days. Only use the clear liquid diet as directed by your doctor. If your doctor prescribes a clear liquid diet before a medical test, be sure to follow the diet

instructions exactly. If you don't follow the diet exactly, you risk an inaccurate test and may have to reschedule the procedure for another time.