

Clear Liquid Diet

Purpose:

A clear liquid diet is often prescribed when you must go without food for a long time. It is the diet used to prepare you for a colonoscopy, flexible Sigmoidoscopy, and certain x-ray procedures. Clear liquids provide some vital fluids, salts, and minerals and give the patient some energy during times when they are unable to eat a normal diet. Clear liquids are easily absorbed and digested and have a limited effect in the intestinal tract.

A Clear Liquid Diet is not to be used for a prolonged period of time since it does not provide adequate calories or nutrition.

What to Understand about a Clear Liquid Diet:

1. Limitations –

Although a general rule is that a clear liquid is any liquid you can see through. Your physician may limit foods and beverages included in this diet. It is important that you read your preparation instructions. They will state what other limits your provider wants you to know. If you are not sure a beverage or food is not a clear liquid, please check with your provider or your provider's nurse.

NOTE: It is important you follow a clear liquid diet exactly. The value of the examination depends on getting a thoroughly clean digestive tract.

2. Food Groups and Sample Diet –

Below we listed some recommended foods to include in a Clear Liquid Diet. We also listed foods you should avoid. These are just general recommendations. Other choices may be appropriated. If you are not sure a food or beverage is acceptable, please check with your nurse or provider.

Item	Recommend	Avoid
Milk & Milk products	None	All
Vegetables	None	All
Fruits	Fruit juices without pulp	Nectars; all fresh, canned and frozen fruits
Bread & grains	None	All
Meat or meat substitutes	None	All
Fats & oils	None	All
Sweets and desserts	Gelatin, fruit ice, popsicle without pulp, clear hard candy	All others
Beverages	Coffee, tea, soft drinks, water, lactose-free, low residue.	All others
Soups	Bouillon, consommé, fat free broth	All others

Please Note: This information is to supplement the information provided at the time your exam is scheduled. It is not intended to be a substitute for the information discussed with the Nurse Scheduler or your Provider. For example, the Nurse Scheduler or your Provider may ask you not to eat or drink beverages colored red, orange, or purple. If you were told this, please follow those instructions.