

Clear Liquid Diet

What is a clear liquid diet

A clear liquid diet consists of clear liquids such as water, broth, and plain Jell-O's. 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 are liquids that do not have fat and fiber. A clear liquid diet cannot provide you with the needed calories or nutrients and shouldn't be continued for more than a few days.

You **cannot eat solid foods** while on a clear liquid diet.

Purpose

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.

Diet Details

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 isn't possible or recommended.

The following foods are allowed in a clear liquid diet with **no red or purple colors**:

- 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's (**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

Do not take any red or purple colored juices, Jell-O's, or beverages.

Any foods not on the above list should be avoided