

### Clear liquid diet information

- 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 includes liquids that do not have fat and fiber. A clear liquid diet cannot provide you with the needed calories or nutrients and should not be continued for more than a few days.
- 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.

### Important clear liquid diet

- 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 is not possible or recommended.
- Most importantly, you **cannot eat solid foods** while on a clear liquid diet.
- Do not take any **red or purple** colored juices, Jell-O's, or beverages.

### Clear liquid diet items

The following foods are allowed in a clear liquid diet:

- 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

**\*Any foods not on the above list should be avoided\***