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Gastroenterology & Liver Diseases

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No solid food **ALL** day from

Clear Liquid Diet

A clear liquid is a liquid substance clear enough to be seen through.

The clear liquid diet is often used before and after operations and procedures when no residue is desired. The diet consists of clear liquids and clear gelatin desserts. All of the liquids must be fat-free and must be able to run through a kitchen strainer. Please flood yourself with a variety of clear liquids (water as your last resort) so you won't be dehydrated for your procedure.

FOODS ALLOWED (NO RED/PURPLE COLORS):

Soups:	Fat-free clear chicken/beef broth	
	Fat-free clear bouillon	
Desserts:	Clear Jell-O without fruits (No red/purple Jell-O)	
	Popsicles	
Beverages:	Apple juice	Clear tea
	Orange juice (no pulp)	Clear coffee (no cream/dairy products)
	White cranberry juice	Carbonated beverages
	White grape juice	Gatorade/Powerade
Miscellaneous:	Sugar	
	Salt	

NO DRINKING ALCOHOL THE DAY BEFORE AND OF YOUR PROCEDURE

11/2021