

Clear Liquid Diet

Clear liquids are easily digested and leave no undigested residue in your intestinal tract. This is why a clear liquid diet must be followed before a procedure. Not following the diet correctly can affect the prep results and the ability to view your intestinal tract.

Clear liquids contain no solids or pulp. When a clear liquid is in a container such as a bowl or glass, the container is visible through the substance. Although not “clear”, black coffee/tea and sodas like Coke are ok on a clear liquid diet.

<p><u>Items NOT Okay</u></p> <p>SOLID FOODS</p> <p>BONE BROTH</p> <p>DAIRY/ MILK</p> <p>ANYTHING COLORED RED OR PURPLE</p> <p>ALCOHOL</p>	<p><u>Items Okay</u></p> <p>High Protein Options</p> <ul style="list-style-type: none"> • Clear vegetable, chicken, or beef broth/bouillon. • Clear protein drinks (If you are unable to find drink options such as Ensure Clear at your local store, check online) <p>Other Options</p> <ul style="list-style-type: none"> • Flavored gelatin/Jell-O (without fruit) and gummy bears • Clear sports drinks (Gatorade, Powerade, Propel, etc.) • Clear juices (such as apple or white grape) • Coffee or tea (without cream or milk) • Water (plain, seltzer, sparkling, or flavored) • Coconut water (no pulp or mixtures with non-clear juices) • Soft drinks (soda/pop) • Crystal Light • Italian ice, plain popsicles/ice pops (no pureed fruit or fiber, no sherbet or gelato) • Hard candies, lollipops, menthol cough drops (Tip: these are helpful to use between glasses of prep!)
<p><u>Tips:</u></p> <ul style="list-style-type: none"> • You need to drink a lot of fluids while preparing for your procedure. • Buy a lot of different options so you can have a variety to choose from. • Drink frequently throughout the day to keep from getting too hungry. • If you are able to find clear protein drinks, they can make fasting more tolerable and help control blood sugar. AVOID red or purple drinks. • You need calories, so having some options that are not sugar-free are important, even for diabetics. <p><u>If you are having a colonoscopy:</u></p> <ul style="list-style-type: none"> • Plan to be home from the time you start drinking the prep until you leave for the procedure. • Be prepared for urgent watery stools. 	