





Clear Liquid Diet Instructions

You have been scheduled to have a procedure where a clear liquid diet might be indicated.

A clear liquid diet is often used before tests, procedures or surgeries that require no food in your stomach or intestines, such as before endoscopies. A clear liquid diet helps maintain adequate hydration, provides important electrolytes, such as sodium and potassium, and gives some energy at a time when a full diet isn't possible or recommended.

What is a Clear Liquid?

- A liquid is considered clear if you can see & read through it.
- Includes only liquids without any pulp, bits of food, or other residues.
- **Alcohol beverages are NOT considered part of a clear liquid diet.**

 These foods & drinks are OK	 These foods & drinks are NOT OK
<ul style="list-style-type: none">• Soda pop, ginger ale, and club soda• Water• Coconut Water (no pulp)• Black Coffee (no cream)• Clear Sports Drinks• Clear Fruit Juices, no pulp (apple, white grape)• Tea (no cream or milk)• Soup Broth• Honey• Jell-O (no red or purple coloring)• Popsicles (no red or purple coloring)• Gummy Bears (no red or purple coloring)	<ul style="list-style-type: none">• Breads, Grains, Quinoa, Rice, or Cereal• Soup with added ingredients like noodles, vegetables, meats, or cream• Meat products• Dairy products• Vegetables• Fruits• Milkshakes• Coffee with cream• Non-clear fruit juices (pineapple, tomato, orange, grapefruit, mango, etc.)• Milk, including substitutes like soy or nut milks• Alcoholic Drinks