



CLEAR LIQUID DIET INSTRUCTIONS

CLEAR LIQUID INSTRUCTIONS STEP-BY-STEP

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 some 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.

Can you read the newspaper?



This is apple juice. Apple juice is clear because you can read the newspaper through it.

YOU CAN DRINK THIS



This is orange juice. Orange juice is not clear because you cannot read the newspaper through it.

DON'T DRINK THIS



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These drinks are **OK**



Soda pop, ginger ale, and club soda



Water and mineral water



Black Coffee
(No cream or milk)



Clear sports drinks




Apple Juice




Tea

These drinks are **NOT OK**



NO
Milkshakes




NO
Coffee with Cream



NO
Pineapple juice



NO
Orange Juice



NO
Milk or dairy drinks



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Other examples of food and drinks that are OK

- Honey or sugar
- Clear chicken, beef or vegetable broth
- Yellow or Green Jell-O

***It is important that while you are on the clear liquid diet that you do not drink or eat anything that has red or purple coloring**

Other examples of foods and drinks that are NOT OK

- Soup
- Grapefruit juice
- Tomato Juice

These foods are OK



Clear Broth



Honey



Popsicles



Jell-O (no red or purple)

These foods are NOT OK



NO

Breads, Grains,
Rice or Cereal



NO

Soup with Chunks of Food



NO

Meat



NO

Dairy



NO

Vegetables



NO

Fruit