

CLEAR LIQUID DIET

PURPOSE OF DIET:

This diet is used when it is necessary to reduce the amount of fecal material in the colon.

ADEQUACY OF DIET:

This diet does not meet the Recommended Dietary Allowances for any nutrients and should not be used for more than three days without supplementation.

FOOD LIST

<u>Clear Fruit juice (No pulp)</u>	Apple, White grape, White Cranberry, Lemonade mix (Nothing RED or PURPLE).
<u>LOW SODIUM Broth</u>	Chicken, Beef, or Vegetable (please drink every 2 to 3 hours for protein)
Beverage	<u>Water</u> , <u>Protein Waters</u> , Clear Carbonated beverages, Propel (all are clear) <u>Gatorade or PowerAde</u> , Coffee or tea in small amounts (caffeine can cause dehydration) NOTHING RED OR PURPLE or DARK IN COLOR
Desserts	<u>Jell-O</u> or Popsicles (No RED or PURPLE or fruit pulp) Orange, Lemon, Pineapple, or Peach
Miscellaneous	Hard candy (Nothing RED or PURPLE)

NO MILK OR DAIRY PRODUCTS

(May use non-dairy creamer)

PLEASE USE THE PRODUCTS THAT ARE UNDERLINED ABOVE TO MAINTAIN ADEQUATE HYDRATION.

NOTHING TO EAT OR DRINK 4 HOURS BEFORE COLON & 6 HOURS BEFORE COLONOSCOPY EGD PROCEDURE

