

# 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

<b><u>Clear Fruit juice (No pulp)</u></b> May mix juice with clear soda.	Apple, White grape, White Cranberry, Lemonade mix ( <b>Nothing RED or PURPLE</b> ).
<b><u>Broth</u></b>	Chicken, Beef, or Vegetable ( <b>please drink every 1 to 2 hours for protein</b> )
<b><u>Beverage</u></b>	<u>Water</u> , Clear Carbonated beverages, <u>Propel</u> , <u>Gatorade</u> or <u>Powerade</u> , Coffee or tea in small amounts (caffeine can cause dehydration) <b>NOTHING RED OR PURPLE</b>
<b><u>Desserts</u></b> (Jello contains protein)	<u>Jello</u> or popsicles ( <b>Nothing DARK, RED or PURPLE or with fruit pulp</b> ) Examples: <b>Lemon, Pineapple, or Peach</b>
<b><u>Miscellaneous</u></b>	Hard candy ( <b>Nothing RED or PURPLE</b> ) Examples: Lemon drops or yellow jolly ranchers

## **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 AFTER MIDNIGHT BEFORE COLON PROCEDURE TIME AND 6 HOURS BEFORE EGD PROCEDURE TIME**