

## Clear Liquid Diet

### **Purpose:**

A clear liquid diet consists of clear liquids that 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.

### **Definition:**

Clear liquids are those that one can see through with 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.

Clear liquids and foods (gelatin) may be colored so long as you are able to see through them. **Avoid anything that is colored RED or PURPLE.** Look for CLEAR, YELLOW, BLUE, GREEN OR ORANGE flavors (PINK is OK, too); examples: lemon, lime, orange, apple, white grape, peach, banana, blue raspberry. (The only exception is the clear protein drinks, as described below.)

### **Tips when following a clear liquid diet:**

- You need to stay hydrated, especially if taking a colonoscopy prep! Drink lots of water!
- Buy lots of different options so you can have a variety to choose from.
- Drink frequently throughout the day to keep from getting too hungry.
- Drinking high protein options are especially important.
- You need calories, so having some options that are not sugar-free are important, even for diabetics.
- **ABSOLUTELY NO ALCOHOL!**

### **Examples/Shopping List:**

- Clear vegetable, chicken, and beef broth/bouillon, or consommé. [High protein options]
- Clear protein drinks
  - Available at many grocery and drug stores and online.
  - **NOTE:** If you can only locate red or purple options, it is okay to drink a limited amount but no more than two bottles per 24 hours, preferably diluted with other clear fluids, like club soda, Sprite/7-Up, sparkling water, etc.
- Flavored gelatin/Jell-O (without fruit) and gummy bears
- Clear sports drinks (Gatorade, Powerade, Propel, etc.)
- Pedialyte
- 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 - optional (can also be used to flavor your prep)
- 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!)