

CLEAR LIQUID DIET

Purpose

The clear liquid diet supplies fluids and energy from foods that need very little digestion. It reduces bowel residue and provides fluids to ease thirst. These liquids also provide certain salts and minerals and prevent dehydration. The clear liquid diet, in conjunction with the rest of the prep will help prepare your colon for examination.

Nutrition

A clear liquid diet is not adequate in calories and nutrients. It should not be followed for more than five days unless supplemented by high-protein gelatin or other low-residue supplements.

Recommended Foods

Bouillon, consommé, fat-free broth, coffee (no cream), tea, soft drinks, popsicles, fruit ice, gelatin Jell-O), clear hard candy, fruit juices without pulp, Crystal-light, Propel, Gatorade, flavored water, lactose-free low residue supplements if ordered by your physician.

DO NOT CONSUME

Alcohol, milk or milk products, fruits, nectars, juices with pulp, vegetables, breads, cereals and grains, eggs, meats and meat substitutes, fats and oils, any soup, beverage or sweet not listed above.

*** do not consume anything that is colored red or purple***