

Clear Liquid Diet

A clear liquid diet consists of both clear liquids and clear foods that turn to liquid at room temperature. The clear liquid diet is generally followed only for a period of 3–4 days. It generally is used before a test that requires an empty bowel, before or after bowel or stomach surgery, or with certain intestinal conditions that make digestion of regular food difficult.

Not allowed

Milk, tomato juice, fruit juices, and fruit nectars are not clear liquids. Some people are asked to avoid red foods and liquids and carbonated beverages, as well.

Allowed

The following are allowed while on this diet:

- Water
- Clear sodas, such as ginger ale
- Fruit juices without pulp
- Lemonade and limeade
- Freezer pops without pieces of fruit in it
- Italian ice
- Kool-Aid®
- Broth
- Gelatin
- Coffee or tea without cream (you can add sugar and lemon juice)
- Sports drinks
- Clear nutrition supplements, such as Ensure Clear™
- Hard candies

Sample menu

Breakfast: 8 AM	8 fl oz apple juice 8 fl oz coffee or tea with 2 tsp sugar 1 C Jell-O®
Snack: 10 AM	One bottle of Ensure Clear
Lunch: 12 PM	8 fl oz chicken broth ½ C Italian ice 16 fl oz Gatorade®
Snack: 2 PM	One bottle of Ensure Clear
Dinner: 5 PM	8 fl oz beef broth 8 fl oz ginger ale Two twin-pop freezer pops
Snack: 8 PM	One bottle of Ensure Clear

Contains 1295 calories, 2 g fat, 2885 mg sodium, 285 g carbohydrate, 167 g sugar, 34 g protein

C=cup, fl oz=fluid ounce, g=grams, mg=milligrams, tsp=teaspoon

References and recommended readings

Drugs.com. Clear liquid diet. Available at: <http://www.drugs.com/cg/clear-liquid-diet.html>. Accessed March 11, 2013.

MedlinePlus. Diet—clear liquid. Available at: <http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000205.htm>. Accessed March 11, 2013.