

## Clear Liquid Diet

Clear liquids 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.

Clear liquids contain 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.

<p><b><u>Items NOT Okay</u></b></p> <p>SOLID FOODS</p> <p>BONE BROTH</p> <p>DAIRY/ MILK</p> <p>ANYTHING COLORED RED OR PURPLE</p> <p>ALCOHOL</p>	<p><b><u>Items Okay</u></b></p> <p><b>High Protein Options</b></p> <ul style="list-style-type: none"> <li>• <u>Clear</u> vegetable, chicken, or beef broth/bouillon.</li> <li>• <u>Clear</u> protein drinks (If you are unable to find drink options such as Premier Protein Clear and Ensure Clear at your local store, check online)</li> </ul> <p><b>Other Options</b></p> <ul style="list-style-type: none"> <li>• Flavored gelatin/Jell-O (without fruit) and gummy bears</li> <li>• Clear sports drinks (Gatorade, Powerade, Propel, etc.)</li> <li>• Clear juices (such as apple or white grape)</li> <li>• Coffee or tea (without cream or milk)</li> <li>• Water (plain, seltzer, sparkling, or flavored)</li> <li>• Coconut water (no pulp or mixtures with non-clear juices)</li> <li>• Soft drinks (soda/pop)</li> <li>• Crystal Light</li> <li>• Italian ice, plain popsicles/ice pops (no pureed fruit or fiber, no sherbet or gelato)</li> <li>• Hard candies, lollipops, menthol cough drops (Tip: these are helpful to use between glasses of prep!)</li> </ul>
<p><b><u>Tips:</u></b></p> <ul style="list-style-type: none"> <li>• You need to drink a lot of fluids while preparing for your procedure.</li> <li>• Buy a lot of different options so you can have a variety to choose from.</li> <li>• Drink frequently throughout the day to keep from getting too hungry.</li> <li>• If you are able to find <u>clear</u> protein drinks, they can make fasting more tolerable and help control blood sugar. <b>AVOID</b> red or purple drinks.</li> <li>• You need calories, so having some options that are not sugar-free are important, even for diabetics.</li> </ul> <p><b><u>If you are having a colonoscopy:</u></b></p> <ul style="list-style-type: none"> <li>• Plan to be home from the time you start drinking the prep until you leave for the procedure.</li> <li>• Be prepared for urgent watery stools.</li> </ul>	