

## **CLEAR LIQUID DIET**

**PURPOSE:** TO AID IN THE PREVENTION OF DEHYDRATION, RELIEVE THIRST, AND TO PROVIDE REST FOR THE GI TRACT.

**DESCRIPTION:** THIS DIET CONSISTS OF CLEAR LIQUIDS. **NO** SOLID FOODS, MILK, OR MILK PRODUCTS ARE ALLOWED.

**ADEQUACY:** THIS DIET IS INADEQUATE FOR ALL NUTRIENTS AS SUGGESTED BY THE RECOMMENDED DAILY ALLOWANCES AND IS INTENDED FOR SHORT-TERM USE.

**ALLOWED:**

FRUIT JUICES WITHOUT PULP (APPLE OR WHITE GRAPE JUICE OR LEMONADE).

CLEAR BROTH, BOUILLON, AND CONSOMME.

JELLO (CLEAR, YELLOW, ORANGE) WITHOUT FRUITS OR TOPPING, KOOL-AID TYPE POPSICLES (CLEAR, YELLOW, ORANGE)

MAY SEASON WITH SALT

YOU MAY HAVE HARD CANDY AND SWEETEN WITH SUGAR

WATER, COFFEE, TEA (WITHOUT CREAMER OR MILK PRODUCTS) GATORADE (CLEAR, YELLOW, ORANGE) CARBONATED AND NONCARBONATED DRINKS

**THERE IS NO LIMIT ON THE AMOUNT OF CLEAR LIQUIDS YOU MAY HAVE UP UNTIL MIDNIGHT THE DAY BEFORE YOUR PROCEDURE**