

## Clear Liquid Diet

A diet of clear liquids maintains vital body fluids, salts, and minerals; and also gives some energy for patients when normal food intake must be interrupted. Clear liquids are easily absorbed by the body. They reduce stimulation of the digestive system, and leave no residue in the intestinal tract. This is why a clear liquid diet is prescribed in preparation for a procedure. Clear liquids are given when a person has been without food by mouth (NPO) for a long time. This diet is used in preparation for sigmoidoscopy, colonoscopy, and certain x-rays.

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

### Special Considerations

What is a clear liquid?

A good rule-of-thumb is anything you can see through. For example, apple juice is a clear liquid; milk is not. If unsure, check with the physician's office.

Preparing for a procedure.

It is important that the clear liquid diet be followed exactly. Remember that the value of the examination will depend on getting a thoroughly clean digestive tract.

### Food Groups

Group	Recommend	Avoid
Milk & milk products	none	all
Vegetables	none	all
Fruits	fruit juices without pulp	nectars; all fresh, canned, and frozen fruits
Breads & grains	none	all
Meat or meat substitutes	none	all
Fats & oils	none	all
Sweets & desserts	gelatin, fruit ice, popsicle without pulp, clear hard candy	all others
Beverages	coffee; tea; soft drinks; water	all others
Soups	bouillon, consommé fat free broth	all others

### Sample Menu

Breakfast	Lunch	Dinner
strained fruit juice 1 cup gelatin 1 cup hot tea with sugar & lemon	consommé 3/4 cup strained fruit juice 1 cup fruit ice 1/2 cup gelatin 1/2 cup hot tea with sugar & lemon	consommé 3/4 cup strained fruit juice 1 cup fruit ice 1/2 cup gelatin 1/2 cup hot tea with sugar & lemon