

Clear liquid diet Guidelines

Why did my Dr. tell me to drink clear liquids?

A clear liquid diet provides fluid and electrolytes that prevent dehydration during bowel preparation. At the same time, it reduces stool in the bowel so that colonoscopic evaluation can be done effectively.

After surgery, a clear liquid diet reduces the bulk of stool that the intestines must deal with allowing for better healing. Given early after surgery it can speed up the recovery of your intestinal tract.

What may I eat or drink while I am on a clear liquid diet?

- Water
- Coffee or tea without milk or nondairy creamer
- Juices with no pulp (apple juice, white grape juice)
- Soft drinks/sports drinks (ginger ale, sprite, 7-Up, Gatorade)
- Bouillon or broth
- Jell-O
- Popsicles
- Hard candy

DO NOT eat solid food or dairy products

(If you are on a clear liquid for a colonoscopy it is best to avoid large amounts of red colored liquids)

What if I don't know if something is ok to eat or drink?

If you have any questions about what you can or cannot drink or eat, or if you have any other questions, call the office at 774-776-2991