

Clear Liquid Diet Guidelines

Purpose

The clear liquid diet supplies fluids and energy from foods that require very little digestion. This diet is often used in preparation for lower endoscopy procedures. The clear liquids reduce bowel residue and provide fluids to ease thirst. These liquids also provide certain salts and minerals and prevent dehydration.

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 bowel.

Allowed and Recommended Foods:

Beverages

- Water, coffee, or tea (no milk or non-dairy creamer)
- Strained fruit juices with no pulp (apple juice, white grape juice, lemonade)
- Soft drinks/Sports drinks (ginger ale, cola, Sprite, 7-Up, Gatorade)

Soups

- Chicken or Beef broth/bouillon, low sodium

Desserts

- Jell-O (lemon, lime, orange, NO fruit, NO toppings)
- Popsicles (NO sherbets, NO fruit bars)
- Hard candies

Do not drink or eat anything with red or purple coloring. Red/purple food coloring can leave a residue in the bowel that resembles blood. Keep in mind when purchasing Jell-O, Popsicles, hard candy, drinks, etc.