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CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. **No red or purple or green liquids** should be consumed.

NO SOLID FOOD STARTING AT MIDNIGHT (12AM) THE EVENING BEFORE YOUR PROCEDURE.

NOTHING BY MOUTH STARTING 2 HOUR PRIOR TO ARRIVAL TIME

Examples of CLEAR- TRANSPARENT – LIQUIDS:

Tea or Coffee (decaffeinated or regular)

NO MILK, NO CREAMER

Fruit “flavored” drinks – **No Red or Purple**

Sodas, Carbonated beverages (regular or diet) – No Red or Purple

CLEAR **pulp-free** Fruit Juices

(NO ORANGE JUICE OR GRAPEFRUIT JUICE)

NO PULP!!!

Apple Juice

White Grape Juice

Lemonade

Iced Tea

Gatorade/G2, Propel, Smart Water, PowerAde, etc. ****Good for electrolytes****

NO RED OR PURPLE OR GREEN

Clear broth (chicken or beef) – canned or bouillon

Jell-O (regular or sugar-free) – **NO RED OR PURPLE OR GREEN**

Popsicles – **NO RED OR PURPLE OR GREEN**

Salt, Sugar, Artificial Sweeteners

NO Milk, NO Creamer, NO Non-Dairy “Creamers”