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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 blue or purple or green liquids** should be consumed.

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

****PATIENTS TAKING A GLP-1 -NO SOLID FOOD THE WHOLE DAY BEFORE PROCEDURE AND MORNING OF PROCEDURE. ****

NOTHING BY MOUTH STARTING 3 HOURS PRIOR TO LEAVING HOME FOR YOUR PROCEDURE

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 BLUE OR PURPLE OR GREEN

Clear broth (chicken or beef) – canned or bouillon

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

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

Salt, Sugar, Artificial Sweeteners

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