

## CLEAR LIQUID DIET



A clear diet is to give you a short period to rest and clean out your digestive tract, while providing hydration and some energy. It excludes solid food and liquids that you can't see through, Clear liquids are easily absorbed by your digestive system, and they also allow technicians to see clearly into your digestive tract during an imaging test.

The clear liquid diet includes:

- Clear nutritional drinks
- Water, plain, carbonated or flavored
- Carbonated drinks, including dark sodas, such as cola and root beer Fruit juices without pulp, such as apple or white grape juice
- Fruit-flavored beverages, such as lemonade No red or Purple
- Gelatin without fruit
- Tea or coffee without milk, cream or nondairy creamer
- Sports drinks/Gatorade No red or Purple
- Clear, fat-free broth such as bouillon or consommé.
- Honey or sugar
- Hard candy, such as lemon drops or peppermint rounds.
- Pulp-free popsicles No red or Purple
- Jello No red or Purple

**PLEASE AVOID ANY LIQUID THAT ARE RED OR PURPLE**

To keep from feeling hungry and to stay hydrated, drink a variety of clear liquids throughout the day.