



Digestive Disease Consultants

www.mygidocs.com

CLEAR LIQUID DIET

A clear liquid diet is commonly prescribed in preparation for a gastrointestinal procedure or surgery, especially involving the colon. Below is a list of foods considered appropriate for a clear liquid diet. Please be aware that your doctor may also limit certain food colorings and dyes (such as no red liquids for a colonoscopy).

Examples include:

Clear broth or strained soup

Gelatin desserts (Jello)

Carbonated beverages

Fruit juices, but not fruit purees

Fruit drinks, including lemonade and limeade

Coffee and tea (with sugar only, not cream)

Popsicles

Hard candy

High calorie fruit drinks, but not meal replacements

No milk, cream or other dairy products.

A general rule of thumb: clear liquids are transparent when held up to the light



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If you have any questions, or would like to schedule an appointment, please call 877-891-ENDO (3636).