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## **CLEAR LIQUID DIET**

### **PURPOSE**

A diet of clear liquids maintains vital body fluids, salts and minerals; as well as provides some energy for patients when normal food intake must be interrupted. Clear liquids are easily absorbed by the body. They reduce stimulation of the digestive system, and leave no residue in the intestinal tract. This is why a clear liquid diet is often prescribed in preparation for surgery, and is generally the first diet given by mouth after surgery. Clear liquids are given when a person has been without food by mouth (NPO) for a long time. This diet is also used in preparation for medical tests such as sigmoidoscopy, colonoscopy, or certain x-rays.

### **SPECIAL CONSIDERATIONS**

1. Limitations: The physician may limit certain liquids, depending on the patient's condition, or the surgery or test being performed. Therefore, individual instructions should be strictly followed.
2. What is a clear liquid: A good rule of thumb is anything you can see through. For example, apple juice is a clear liquid; milk is not. If unsure check with the physician or registered dietitian.
3. After surgery and fasting: Should persistent abdominal cramps or discomfort occur with a clear liquid diet, the patient should notify the physician, nurse, or dietitian immediately.
4. Preparing for a medical test: 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 digestive tract.

<b>FOOD GROUPS</b>		
<b>Group</b>	<b>Recommend</b>	<b>Avoid</b>
Milk & Milk Products	None	All
Vegetables	None	All
Fruits	Fruit juices without pulp	Nectars; all fresh, canned, and frozen fruit
Breads & Grains	None	All
Meat or Meat Substitutes	None	All
Fats & Oils	None	All
Sweets & Desserts	Gelatin, fruit ice, popsicle without pulp, clear hard candy	All others
Beverages	Coffee, tea, soft drinks, water, lactose-free, low residue supplements if approved by physician	All others
Soups	Bouillon, consommé fat free broth	All others

<b>SAMPLE MENU</b>			
<b>Breakfast</b>	<b>Lunch</b>		<b>Dinner</b>
<ul style="list-style-type: none"> <li>• Strained fruit juice, 1 cup</li> <li>• Gelatin, 1 cup</li> <li>• Hot tea w/sugar &amp; lemon</li> </ul>	<ul style="list-style-type: none"> <li>• Consommé, ¾ cup</li> <li>• Strained fruit juice, 1 cup</li> <li>• Fruit ice, ½ cup</li> <li>• Gelatin, ½ cup</li> <li>• Hot tea w/sugar &amp; lemon</li> </ul>		<ul style="list-style-type: none"> <li>• Consommé, ¾ cup</li> <li>• Strained fruit juice, 1 cup</li> <li>• Fruit ice, ½ cup</li> <li>• Gelatin, ½ cup</li> <li>• Hot tea w/sugar &amp; lemon</li> </ul>
<b>This Sample Diet Provides the Following</b>			
Calories	600	Fat	virtually none
Protein	6g	Sodium	1500mg
Carbohydrates	209g	Potassium	1440mg