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## Clear Liquid Diet

### Background:

A clear liquid diet consists of liquids which you can see through. In general, clear liquids include water, juices without pulp such as apple juice or cranberry juice, jello, broth, Gatorade, lemonade, tea and coffee without milk.

### Purpose:

A clear liquid diet helps maintain hydration and provide sugars to a patient who has been bowel prepped in anticipation of colonoscopy, surgery and ceratin x-ray procedures. Clear liquids contain no solids and are generally safe up until 4 hours before surgery or colonoscopy or anywhere general anesthesia is anticipated. For patients undergoing procedures in the afternoon, clear liquids are permitted for breakfast as long as they are stopped at least 4 hours prior to the procedure.

### What is considered a clear liquid?

- Plain water
- Gatorade
- Fruit juices without pulp e.g. apple, cranberry, grape. (orange juice is not a clear liquid)
- Jello
- Popsicles
- Lemonade
- Clear broth e.g. chicken, beef (no noodles, no solids)
- Soda pop

### These are not clear liquids and should not be consumed before surgery:

- Milk or dairy products
- Smoothies
- Juices with pulp
- Soups that are not broth alone. No creamed soups, no noodles or solids of any kind.

\*\*In general, patients undergoing surgery before noon should remain NPO (nothing by mouth) after midnight the night before their procedure. For patients undergoing surgery after 1 pm, clear liquids are permitted in limited quantities up to a max of 16 ounces up until 4 – 6 hours before their procedure.