

## **Clear Liquid Diet**

### **Purpose of Diet**

**This diet is used when it is necessary to reduce the amount of fecal material in the colon. It may be used just before or after surgery or in preparation for tests on the lower gastrointestinal tract.**

### **Adequacy of Diet**

**This diet does meet the Recommended Dietary Allowances for any nutrient and should not be used for more than three days without supplementation. In long term care facilities, this diet should be used 24 hours or less.**

### **Use Only Foods Listed**

Apple or cranberry juice. (Other juices may be included if ordered by physician).

Clear beef, chicken or vegetable broth, till noon only

Artificially flavored fruit drinks, till noon

carbonated beverages (Sprite, 7-Up, Ginger Ale), propel water

Sugar, hard candy