

## Clear Liquid Diet

A clear liquid diet provides your body with fluids, electrolytes (potassium and sodium), and energy in a form that causes the least amount of work for your gastrointestinal tract.

This diet is being recommended to you for one of the following reasons:

- You are going for a surgical procedure or medical test
- You are recovering from a surgical procedure
- You are nauseous, vomiting, or having diarrhea
- You can only tolerate liquids at this time

You should not follow this diet for more than a few days because it does not provide enough nutrients to keep your body healthy. Your healthcare team will tell you how long to continue this diet.

### Why should I have clear liquids if I am vomiting or have diarrhea?

Vomiting and diarrhea can lead to dehydration (loss of fluids from your body) and the loss of electrolytes. A clear liquid diet can help prevent dehydration and restore your electrolyte levels. Although water is extremely important in preventing dehydration, it does not contain electrolytes. To maintain electrolyte levels, you may also have broths and sports drinks, which contain sodium, and fruit juices, which contain potassium.

### Instructions for a Clear Liquid Diet

"Clear liquids" are liquids you can see through. They might have color, but you should still be able to see through them. While on a clear liquid diet, you are not allowed to consume any solid foods or milk products. See the list below for a variety of clear liquid diet recommendations.

| Food Groups         | Foods Allowed   | Foods to Avoid  |
|---------------------|---|---|
| Beverages           | Water (e.g., plain, carbonated, or flavored)<br>Ice and ice chips<br>Clear fruit juices (e.g., apple, cranberry, grape)<br>Sports drinks (e.g., Gatorade®)<br>Electrolyte replacements (e.g., Pedialyte®)<br>Coffee and tea without milk or cream<br>Soda (e.g., cola, lemon-lime, ginger ale)<br>Non-fruit juice (e.g., Kool-Aid®) | All others including nectars, milk, cream, fruit juice with pulp, cocoa, prune juice, tomato juice, vegetable juice |
| Soups               | Clear, fat-free chicken, beef and vegetable broth   | All others  |
| Sweets and Desserts | Gelatin (without pieces of fruit or whipped topping)<br>Fruit ice made from clear fruit juice<br>Frozen ice pops<br>Italian ice<br>Plain hard candy<br>Sugar or sugar substitutes   | All others  |
| Miscellaneous       | Liquid nutritional supplements (e.g., Ensure Clear®, Boost Breeze®)<br>Ensure® Pre-Surgery Clear Nutrition Drink (take as directed by your healthcare team)   | Salt, pepper, herbs and spices<br>All others  |

**If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.**