



Alabama Colon & Gastro, P.C.

Clear Liquid Diet

What can I eat and drink while on a clear liquid diet? *(The majority of fluids should be water!)*

1. Water!
2. Clear juices (such as apple, white grape, or white cranberry). You may also drink strained juices
3. Coffee without cream or milk, or mild tea without cream or milk
4. Soft drinks like lemon-lime soda, cola, and root beer (only drink these OCCASIONALLY!)
5. Clear sports drink (NO red or purple colored!!)
6. Fat free clear broth, fat free clear bullion, or fat free consommé
7. Plain popsicles. Avoid popsicles with pureed fruit or fiber in them (NO red or purple colored!!)
8. Plain hard sugar candy in small amounts (NO red or purple colored!!)
9. Flavored gelatin, such as Jell-O without fruit. You may also drink gelatin as a warm beverage before it sets (NO red, purple, or orange colored!!)
10. Sugar, honey, jelly or syrup in small amounts.
11. Herbs, mild seasonings, or salt

What should I avoid eating and drinking while on a clear liquid diet?

1. Do not eat anything red or purple colors of any beverage, candy, popsicle, or Jell-O
2. Do not drink beverages containing alcohol
3. Do not drink dairy products such as milk, hot cocoa, buttermilk, and cream
4. Do not drink fruit smoothies, nectars, fruit juices with pulp and prune juices
5. Do not drink tomato and vegetable juices
6. Do not eat any other soups besides broth, bullion, or consommé
7. Do not eat any desserts not listed above