

Clear Liquid Diet

A clear liquid diet may be used before a test or surgery to make sure your digestive tract is empty. The digestive tract is the path that food takes through your body as it is digested.

What can I eat and drink while on a clear liquid diet?

Beverages (drinks): NO PURPLE OR RED LIQUIDS!

- Clear juices (such as apple and white grape), strained citrus juices or fruit punch.
- Mild tea, without cream or milk.
- Mineral, bubbly, or plain water.
- Clear soft drinks like ginger ale, lemon-lime soda, or club soda. (No cola or root beer.)
- Clear sports drinks.

Other:

- One scrambled *or* hardboiled egg for breakfast
- Clear soup broth
- One packet **Plain** Ramen noodle for lunch
- Plain popsicles. Avoid popsicles with pureed fruit or fiber in them.
- Hard candy.
- Flavored gelatin, such as Jell-O® without fruit. You may also drink gelatin as a warm beverage before it sets.

****You may have as much water as you would like***