



# Grayson

Digestive Disease Consultants PLLC.

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## Clear Liquid Diet

### **Purpose**

A diet of clear liquids maintains vital body fluids, salt, and minerals; this also gives some energy for patients when normal food intake must be interrupted. Clear liquids are easily absorbed by the body. They reduce stimulations of the digestive system and leave no residue in the intestinal tract. Remember that the value of this examination depends on a thoroughly clean digestive tract.

### **Examples of clear liquids**

Water  
Flavored carbonated water  
Perrier  
Ice  
Popsicles—**no red or purple**  
Fruit ice  
Coffee without cream or milk

### **Sports Drinks**

Gatorade  
Sport Aid  
Powerade  
Propel Water  
Pedialyte

### **Fruit juices without pulp**

Apple juice  
Grape juice  
White grape juice  
Cranberry juice  
Pulp free orange juice  
Capri sun fruit drink  
Kool-aid—**no red or purple**  
Tea

### **Jello**

peach, orange, lemon-lime  
yellow, apple  
Any flavor(**except red or purple**)

### **Soft Drinks**

Coke            Dr. Pepper

### **Soup broth**

turkey broth

Pepsi            7- Up  
Diet drinks    Sprite

Beef bouillon  
Chicken bouillon  
Fat free consommé

We recommend that you **drink at least one 12oz bottle of one of the sports drinks** to help replace any electrolytes you may lose with the prep.