

CLEAR LIQUID DIET:

What is a clear liquid? A good rule-of-thumb is anything you can see through, **EXCEPT ANYTHING THAT IS RED OR PURPLE**. For example, apple juice is clear, but milk is not. If you have any questions about this please check with your physician's office.

Clear liquid diet purpose: A diet of clear liquids maintains vital body fluids, salts and minerals, and also gives some energy when normal food intake must be interrupted. Clear liquids are easily absorbed by the body. They reduce stimulation of the digestive system and leave no residue in the intestinal tract. Red and purple colored foods stain the GI tract and the doctor cannot get a clear view.

ACCEPTABLE		UNACCEPTABLE	
Broth	Sports drinks	Milk	ANY food or drink with
Jell-O	Vitamin water	Cream	red or purple colors
Popsicles	Plain coffee	Dairy products	ALCOHOL
Soda	Plain tea	Soy/nut based dairy	
Apple juice	Hard candies	Replacements	
WHITE grape juice	Non-pulp fruit ice	Protein powders	
WHITE cranberry juice	CLEAR Ensure	Juice with pulp	

Call the doctor's office for help if you have any trouble or don't understand the prep instructions?

- **Downtown Office: 503-221-0161, Ext. 2130**
- **Tigard Medical Office: 503-293-0161, Ext. 4053**
- **Downtown Day Surgery: 503-221-0161, Ext. 2196**
- **Alberty Surgical Center: 503-445-9066, Ext. 4622**