

If you have any questions, please ask your nurse or physician.

Clear Liquid Diet

Clear liquids are any liquids you can see through. They are also very easy to digest and leave no undigested residue in your bowels.

Purpose

You may be put on a clear liquid diet if you are recovering from irritation or infection of the stomach or bowels. A clear liquid diet helps to keep you hydrated and may provide some vitamins and minerals that your body needs to function properly.

A clear liquid diet gives you some energy at a time when a full diet is not possible or recommended. This diet is temporary. Do not follow this diet longer than directed.

You may be asked to follow a clear liquid diet if you are:

- Preparing for surgery or a special procedure, such as a colonoscopy
- Recovering from a procedure
- Nauseated, vomiting or suffering from diarrhea
- Only able to tolerate liquids at this time

Choose these foods

- Water
- Sports drinks (Gatorade®, Powerade®)
- Sodas (ginger ale, lemon-lime)
- Clear broth (chicken, vegetable or beef)
- Clear fruit drinks without pulp or fruit pieces
- Plain or flavored gelatin without fruit or toppings
- Frozen juice bars made from clear juices without fruit pieces
- Hot or cold coffee or tea without milk or creamers of any type
- Fruit juices without pulp (filtered apple juice, cranberry juice, grape juice, lemonade)

Clear liquid sample menu

Breakfast	Lunch	Dinner	Snack
1 cup cranberry juice	1 cup grape juice	1 cup apple juice	1 cup cranberry juice
1 cup chicken broth	1 cup beef broth	1 bowl chicken	1 popsicle
1 bowl gelatin	1 cup clear soda	broth	
1 cup clear soda	Water, ice	1 cup clear soda	
Water, ice	1 popsicle	Water, ice	
1 cup tea	1 cup coffee	1 popsicle	
		1 cup tea	

Northwestern Medicine – Health Information Resources

For more information, contact Northwestern Memorial Hospital’s Alberto Culver Health Learning Center (HLC) at hlc@nm.org, or by calling 312.926.5465. Health information professionals can help you find the information you need and provide you with personal support at no charge.

For more information about Northwestern Medicine, please visit our website at nm.org.

Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312.926.3112.

The entities that come together as Northwestern Medicine are committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care, providing access to treatment and programs in a nondiscriminatory manner and eliminating healthcare disparities. For questions, please call either Northwestern Memorial Hospital’s Patient Representatives Department at 312.926.3112, TDD/TTY 312.926.6363 or the Northwestern Medical Group Patient Representatives Department at 312.695.1100, TDD/TTY 312.926.6363.

Developed by: NMH Digestive Health Center and Nutrition Services