
ILLINOIS GASTROENTEROLOGY INSTITUTE

1001 Main Street, Suite 500A, Peoria, Illinois 61606, (309) 672-4980

CLEAR LIQUID DIET

The clear liquid diet is used for brief periods of time when it is necessary to minimize the amount of fecal material in the colon.

FOOD ALLOWED:

- BEVERAGES:** Regular or Decaffeinated Tea or Coffee (Taken WITHOUT DAIRY PRODUCTS OF DAIRY SUBSTITUTES).
Carbonated beverages.
Kool-Aid (All Flavors)
* Gatorades and sport drinks (except red)
* Fruit Juices; Apple, Cranberry, Grape, Cranapple.
- DESSERTS:** Jell-O (NO RED JELL-O — DO NOT ADD FRUIT, VEGETABLES OR DAIRY PRODUCTS.)
- MISCELLANEOUS:** Popsicles (Plain, not creamy or fruity)
Sugar
Honey
Broth or Bouillon
Sherbet (no red)

DRINK A LOT OF THESE. THEY HELP THE LAXATIVE TO WORK BETTER!
*VERY IMPORTANT

ITEMS NOT ALLOWED:

- NO dairy products or dairy type substitutes.
NO meat, including beef, pork, chicken, fish, turkey, etc.
NO vegetables.
NO breads, cereals, pasta products, rice, etc.
NO fruits (EXCEPT JUICES).

Heart medications, blood pressure pills and medications for lung problems may be taken with small amounts of water the morning of the procedure. Other medications may be taken after the procedure.

Please notify the doctor if:

- ◆ You are taking Coumadin, aspirin, or arthritis medication. These medications need to be discontinued 4 days before this procedure.
- ◆ You eat products containing “Olestra” or “Olean”. These products are found in some snack foods such as potato chips and other fat-free foods. These need to be stopped one week before your procedure.
- ◆ You have an artificial joint, heart valve replacement, defibrillator or pacemaker.
- ◆ You are taking any herbal preparations.

YOU MUST HAVE SOMEONE DRIVE YOU HOME. YOU MAY NOT GO HOME BY BUS OR TAXICAB