Clear Liquid Diet

You may be put on a clear liquid diet because:
- You need surgery.
- As the first step in eating food by mouth (*oral feeding*).
- To replace fluid when you have watery poop (*diarrhea*).
- As a test diet.

HOME CARE

You may have any of the following:
- Sports drinks.
- Fruit juices (apple and grape are good).
- Clear soups or broth.
- Clear gelatin.
- Popsicles.

Avoid:
- Caffeinated drinks.
- Bubbly (*carbonated*) drinks.
- Dairy products.
- Meat.
- Other fatty foods.

After 2 to 3 days of being on the clear liquid diet:
- Vitamins should be used.
- Vitamins should be started right away if you have not been getting enough nutrients.

You should be on this diet:
- For a very short time.
- Only when your doctor tells you to.

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