Clear Liquid Diet

Your caregiver wants you to be on a clear liquid diet until your condition gets better. If you have been vomiting, do not eat or drink anything for at least one hour. Then start with ice chips and small sips of water. If you can keep the water down, then you may have any of the following:

- Those foods that are liquid or will become liquid at body temperature.
- Liquids you can see through.
- Vitamin water, Non-carbonated soft drinks with no caffeine.
- Fruit juices (apple and grape are good).
- Clear broth, soups, or bouillon.
- Clear gelatin desserts (jello) or popsicles.

Things to avoid:

- Caffeinated drinks.
- Carbonated drinks.
- Dairy products.
- Solid foods
- Meat.
- Other fatty foods.

SPECIAL NOTES

This diet is very restrictive, providing some electrolytes and a small amount of calories. Use should be limited to very short periods, and only under the advice or supervision of your physician or dietitian.

CONTACT YOUR CAREGIVER:

- For follow-up as directed
- If you are not getting better or are getting worse.
- If you are unable to keep anything down, including clear liquids.
- If you have any other questions or concerns.

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