

COLON & RECTAL SURGERY OF NEW ENGLAND

Clear Liquid Diet Guidelines

A clear liquid diet provides fluid and electrolytes that prevent dehydration during bowel preparation. At the same time it reduces stool in the bowel so that colonoscopic evaluation can be done effectively.

After surgery, a clear liquid diet reduces the bulk of stool that the intestines must deal with allowing for better healing. Given early after surgery it can speed up the recovery of your intestinal tract.

While you are on a clear liquid diet you can eat or drink the following:

- Water
- Coffee or tea without milk or nondairy creamer
- Juices with no pulp (apple juice, white grape juice)
- Soft drinks/sports drinks(ginger ale, sprite, 7-Up, Gatorade)
- Bouillon or broth
- Jell-O
- Popsicles
- Hard candy

DO NOT eat solid food or dairy products.

(If you are on a clear liquid for a colonoscopy, avoid red colored liquids.)

If you have any questions about what you can or cannot drink or eat, or if you have any other questions, call the office at 603-577-3322.

Colon & Rectal Surgery of New England
8 Prospect Street, North-II Specialty Suite
Nashua, NH 03060
(603) 577-3322