



Clear Liquid Diet Instructions

Your Pediatric Surgeon has requested your child to start on a clear liquid diet.

Start this diet on: _____, at _____ -

Continue on this diet until your child is required to stop eating prior to surgery.

What is a clear liquid diet?

The clear liquid diet supplies fluids and energy from foods that require very little digestion. The clear liquids reduce bowel residue and provide fluids to ease thirst. It is important that your child follows the clear liquid diet exactly according to instructions.

What kinds of beverages are allowed on a clear liquid diet?

- Carbonated beverages (lemon-lime soda, cola, ginger ale)
- Sports or energy Drinks (Gatorade®, Propel®, Vitamin Water®)
- Hot or cold coffee or tea (do not add milk or creamers of any type)
- Kool-Aid® or fruit drinks with no pulp or pieces
- Apple, cranberry, grape, or other **clear** fruit juices
- Water

Avoid orange juice, milk or milk based products

What kinds of desserts are allowed on a clear liquid diet?

Pediatric Surgery, C. S. Mott Children's Hospital
(734) 764 - 4151

- Plain or flavored gelatin (do not add fruit or toppings)
- Clear popsicles or frozen juice bars made from clear juices (no sherbets or fruit bars)

What kind of soup is allowed on a clear liquid diet?

- Clear soup (low-sodium and fat-free broth or bouillon)

Avoid all other food and drinks

When should I call the doctor?

Call us if you have any questions or concerns.

What is the contact information?

If you have any question, problems or concerns call the Pediatric Surgery clinic from 8-5:00pm Monday thru Friday, 734-764-4151. After 5:00pm or on the weekends if you have urgent issues call hospital paging at 734 936-4000 and ask the operator to page the Pediatric Surgeon “on call”.

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Author: Erin, Larowe

Reviewers: Jennifer Chamberlain, RN, BSN; Marilyn Weimar, RN, BSN; Daniel Teitelbaum, MD

Patient Education by [University of Michigan Health System](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#). Last Revised 10/2013