



Colon & Rectal Surgery

Clear Liquid Diet

What is considered part of a clear liquid diet?

- Water
- Black coffee
- Tea
- Any type of soft drink
- Chicken bouillon or broth
- Beef bouillon or broth
- Popsicles
- Jell-O, with no solid fruit mixed in, any flavor
- Hard candy, such as Life Savers or lemon drops

What is NOT considered part of a clear liquid diet?

- Milk
- Milkshakes
- Any solid foods
- Any soup with solid material, such as noodles
- Any creamed soups
- Coffee or tea with cream