

CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. No red or purple liquids should be consumed!

Food Group

Milk & beverages
No red or purple liquids!

Meats & meat substitutes

Vegetables

Fruits & fruit juices

Grains & starches

Soups

Desserts

Fats

Miscellaneous

Breakfast

4 oz. White grape juice

6 oz. Clear broth

Jell-O®*

Tea

* Plain only, no fruit or toppings

Foods Allowed

Tea (decaffeinated or regular),
carbonated beverages,
fruit flavored drinks

None

None

Strained fruit juices: apple,
white grape, lemonade

None

Clear broth, consommé

Clear flavored gelatin,
popsicles (*no red or purple flavors*)

None

Sugar, honey, syrup, clear
hard candy, salt

Lunch

4 oz. Apple juice

6 oz. Clear broth

Jell-O®*

Tea

Foods to Avoid

Milk, milk drinks

All

All

Fruit juices with
unstrained fruit

All

All others

All others

Milk,

All

All others

Dinner

4 oz. Lemonade

6 oz. Clear broth

Jell-O®*

Tea

Jell-O is a registered trademark of Kraft General Foods, Inc.

North Texas Gastroenterology

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Date : _____

CARDIAC CLEARANCE

Patient Name: _____ (DOB: _____)

Surgery will be done on _____ at

Patient needs clearance to hold _____ prior to
_____ procedure.

Surgeon: Vijaya Dasari _____

Comment: _____

