



With the collaboration of:



CLEAR LIQUID DIET



Why do you need to follow a clear liquid diet?

Before certain medical procedures, such as colonoscopies, surgeries, or endoscopies, it is important for the digestive system to be clean. This is achieved through a clear liquid diet because:

- It leaves no residue in the stomach or intestines.
- It is easy to digest.
- It helps keep you hydrated without affecting the results of the exam.
- It allows the doctor to have a clear view during the procedure (especially if it involves a camera, like in a colonoscopy).



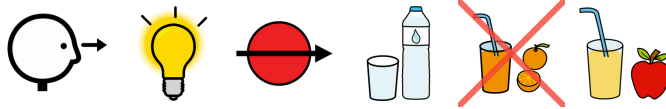
Clear liquids must be completely liquid

- Textures like creams or smoothies are not considered clear liquids.



Clear liquids must be translucent

- You should be able to see light through the liquid.
- Juices or nectars are not clear liquids because you can't see through them.
- Apple juice is a clear liquid because it is see-through.



Clear liquids do not contain pieces or seeds

- A clear liquid is one that can be strained.
- If in doubt, it's best to strain the liquid.
- Clear liquids do not contain pulp, chunks, or seeds.



Clear liquids do not include dairy or plant-based drinks



Clear liquids do not include alcohol



How to use a QR code to access health information

1. Open your phone's camera.
2. Point it at the QR code (the square with patterns).
3. Tap the message that appears on the screen.
4. It will take you to a page with safe and verified health information.





Drinks you can have on a clear liquid diet

- Water
- Sparkling water
- Soft drinks
- Apple juice
- Broth (after straining)
- Consommé
- Tea or herbal infusion (may include sugar)
- Black coffee (may include sugar)
- Isotonic drinks (such as Aquarius®)



Drinks you should not have on a clear liquid diet

- You should not drink yogurt or milkshakes
- You should not drink blended juices or smoothies
- You should not drink juices or nectars
- You should not drink soups or creamy soups
- You should not drink milk
- You should not drink plant-based beverages
- You should not drink alcohol



- Information verified by Dr. Raquel Souto, Digestive System Specialist at the University Hospital Complex of Pontevedra.
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