

Clear Liquids

START: The day after your procedure

DURATION: Days 1-2 post-procedure

DIET INSTRUCTIONS: Drink 2 ounces of clear, non-carbonated, zero-calorie liquid every hour! Diluted juice or diluted sports drinks are good options for hydration. Per 8 ounce serving the calories should not exceed 50.

EXAMPLES:

- Water
- Bouillon
- Broth
- Decaffeinated tea or coffee
- Sugar-free, non-carbonated, caffeine free beverages
- Sugar free Jello™
- Sugar free Popsicles

FLUID GOALS: 48-64 ounces (or as recommended by your doctor)
Continue to take vitamins and other medications as prescribed

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This will be an important element of your journey.

Important Information

1. Stop sipping as soon as you feel full.
2. Use 1 ounce medicine cups or small Dixie cups to help you drink slowly.
3. Ice may cause gastric cramping.
You may prefer to drink liquids at room temperature.

** Your doctor may recommend following a different plan. Follow what your dietitian or doctor recommend. These are just guidelines.*

