

clear liquid diet

Your provider has recommended that your child follow a clear liquid diet during the bowel clean out. Although a clear liquid diet may not be very exciting, it decreases the amount of time it takes to clean out the bowel. The clear liquid diet keeps your child hydrated and prevents the body from making additional poop at a time when we are trying to get the old poop out. This means your child can drink “watery” liquids you can see through (**avoid red colored liquids**).

- Water (plain, carbonated or flavored)
- Sports drinks such as Gatorade or Powerade
- Pedialyte
- Clear broth
- Carbonated beverages
- Fruit juices without pulp
- Fruit-flavored beverages, such as fruit punch or lemonade
- Popsicles made without cream, pudding, yogurt, bits of fruit, seeds or nuts
- Flavored gelatin such as Jello

tips:

- Provide your child with an age appropriate amount of clear liquid (without caffeine) each day:
 - **1-2 years old:** 3-4 cups of clear liquid
 - **2-4 years old:** 4 cups of clear liquid
 - **5-10 years old:** 6 cups of clear liquid
 - **10 years or older:** 8 cups of clear liquid
- The clear liquid diet should not be used more than 2 to 3 days in a row
- Do not give solid food while on a clear liquid diet
- Do not give milk or formula
- Call your child’s primary care provider with progress or if you have questions or concerns

