

Clear Liquid Diet: GI Constipation/Cleanout

Your child will be on a clear liquid diet as a part of their plan of care. You should be able to see through clear liquids. There shouldn't be any pieces you can see in the liquid.

Your child shouldn't be on a liquid diet for more than 24 hours unless directed by their doctor or health care provider. Follow these guidelines based on your child's age:

Babies less than 1 year old	<ul style="list-style-type: none"> • Give Pedialyte® • Do not give milk or formula
Children older than 1 year old	<p>Choose anything from this list:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Electrolyte drinks like Gatorade® (Avoid zero sugar electrolyte drinks unless advised by your child's doctor or health care provider.) <input type="checkbox"/> Clear broth <input type="checkbox"/> Carbonated drinks (only in small portions) <input type="checkbox"/> Popsicles® (or flavored ice) made without cream, pudding, yogurt, or fruit slices <input type="checkbox"/> Fruit juices that you can see through (no V8® or orange juice) <input type="checkbox"/> Flavored gelatin, like Jell-O®

Do not give your child clear liquids that are red or purple if the diet is being used before a procedure.

If you have any questions, ask your child's doctor or health care provider.