

PREPARING FOR SURGERY OR PROCEDURES

CLEAR LIQUID DIET FOR PEOPLE LIVING WITH DIABETES

Prior to your surgical procedure you may be required to fast and only have clear liquid food. Listed below are examples of clear liquid foods and serving sizes equal to 15 carbohydrates. It's important to drink regular beverages and not only sugar-free clear liquids. This is to ensure calorie needs are met and to prevent starving your body of required nutrients.

CLEAR LIQUID	SERVING SIZE FOR 15 G OF CARBOHYDRATE
Gatorade (not red or purple)	8 oz
Apple Juice	4 oz.
White Grape Juice	3 oz.
Cranberry Juice	3 oz.
Light Cranberry Juice	8 oz.
Ginger-Ale	6 oz.
7-Up	6 oz.
Sprite	4 oz.
Regular Jell-O (not red or purple)	½ cup
Popsicle (not red or purple)	one single popsicle

- Clear liquids are fluids that are see-through. Milk is not a clear liquid.
- Drink about the same amount of carbohydrates that you would normally eat.
- Avoid fluids with red or purple dye as they can affect results.
 - Cranberry juice is allowed because it doesn't contain dye.
- Stay hydrated by also drinking sugar-free fluids such as water, crystal light, seltzer and clear broth.

CALL YOUR DIABETES CARE TEAM WITH ANY QUESTIONS ABOUT OTHER RESTRICTIONS YOU MAY HAVE BEEN GIVEN

DIABETES CENTER OF EXCELLENCE

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