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CLEAR LIQUID DIET

1. You should have only a *clear liquid diet* until your intestinal problems subside.
 - ‘Clear liquids’ includes most liquids that you can see through, such as water, consommé, ginger-ale, apple juice, cola and weak tea.

It does *not* include orange juice or milk, and in general would not include coffee or Gatorade. All of these can produce more nausea, cramping or diarrhea.
2. When your diarrhea or nausea have subsided, you may advance your diet to include easily digestible *carbohydrates*.
 - These would include simple crackers such as Saltines, plain rice, baked potato with a little bit of salt, and Jell-O or a bit of applesauce.
3. When your digestion is further improved, typically on the evening of the second day or the third day, then the diet can be advanced and further easily digestible foods can be added.
 - These might include a small piece of baked or broiled fish, simple cooked vegetables such as green beans or spinach, a bit of chicken without the skin, soft-boiled eggs and so forth.

It would not yet include dairy products, meat, salads or raw vegetables.
4. As your digestion further returns to normal, you may carefully add a *full selection* of your normal foods.

In general, it would not be advisable to have alcoholic beverages of any sort until you are pretty well back to normal.

Medications: For simple diarrhea, small doses of **Imodium AD** are normally fine, as would be **Pepto Bismol** or **Kaopectate**. In all cases, the goal is to make you more comfortable and not to entirely stop up your bowels, which is usually not possible and can be dangerous.

Lastly: As is always true, if things are not going according to plan and you are getting worse rather than better, do not be shy about calling your physician back for further advice.