

Patient education - Clear Liquid Diet for 24 hours before Surgery/Procedure

You are on a Glucagon-Like Peptide-1 receptor agonist (GLP-1RA) prescription. These medications can increase the risk of aspiration and pneumonia with anesthesia. To decrease this risk, you must follow a clear liquid diet for 24 hours before your Surgery/Procedure.

Clear liquids are liquids that you can see through. Although they may be colored, you should still be able to see through them (*Please note Black coffee is considered a clear liquid*). Clear liquids do not contain pulp, seasonings, or fragments of food. When on a clear liquid diet, dairy products and solid foods (including meat, bread, cereals and fat) must be avoided.

See below for a list of allowed and NOT allowed liquids when following a clear liquid diet. <u>If you do not follow these instructions</u>, your surgery/procedure will likely be canceled.

Food Type	Liquids Allowed	Liquids NOT Allowed
Beverages	 Water (e.g., plain, carbonated, or flavored) Ice and ice chips Sports drinks (e.g., Gatorade®) Electrolyte replacements (e.g., Pedialyte®) Coffee and tea without milk or cream Soda (e.g., cola, lemon-lime, ginger ale) Non-fruit juice (e.g., Kool-Aid®) Clear Liquid nutritional supplements (e.g., Ensure Clear®, Boost Breeze®) 	 Milk & milk products Hot chocolate Alcoholic beverages Smoothies
Fruit Juices	 Clear fruit juices (e.g., apple, cranberry, grape) 	 All others, including Nectars Fruit juice with pulp Tomato or vegetable juice, orange, pineapple, grapefruit or prune juice
Soups	 Clear non-fat broth (chicken, beef, or vegetable) Bouillion or fat free consommé 	All other soups, including soups with chunks of food
Desserts/Sweets	 Gelatin or Jello (without pieces of fruit or whipped topping) Fruit ice made from clear fruit juice Pulp free Popsicles Italian ice Sugar or sugar substitutes Hard candy 	Any red liquid or dessertAll other desserts
Seasonings	• Salt	All others