

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. If you do not follow these instructions, your surgery/procedure will likely be canceled.

<i>Food Type</i>	<i>Liquids Allowed</i>	<i>Liquids NOT Allowed</i>
<i>Beverages</i>	• 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
<i>Fruit Juices</i>	• 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
<i>Soups</i>	• Clear non-fat broth (chicken, beef, or vegetable) • Bouillion or fat free consommé	• All other soups, including soups with chunks of food
<i>Desserts/Sweets</i>	• 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 dessert • All other desserts
<i>Seasonings</i>	• Salt	• All others