

# Clear and Free Fluids

Patients may need to be on a liquid diet where presenting with a gastrointestinal disorder or before / after gastrointestinal surgery. A liquid diet can include clear or free fluids and is often required on a short-term basis.

**\*\*Patients on a liquid diet for more than four days should be referred to the ward dietitian.**

## Clear fluids

To start with you may be advised to take small 'sips' of clear fluids through the day.

- Water
- Weak squash
- Tea / coffee without milk
- Clear juice without bits / pulp e.g. clear apple juice
- Jelly
- Juice based supplements (dietitian to advise where indicated).

## Free fluids

- Smooth fruit juice (without pulp / bits)
- Milk / milky drinks such as hot chocolate and milkshakes / milkshake based supplements (dietitian to advise where indicated)
- Smooth soups (without bits)
- Smooth yoghurt (without fruit/bits)
- Custard (smooth)
- Ice cream (smooth)

**Please note relatives/friends can bring in the below additionally:**

**Clear fluids:** Clear soups e.g. Bovril / consommé, ice lollies (clear without milk)

**Free fluids:** Smooth ice-cream, smooth yogurts, soya yogurt.

## Additional Resources

- British Dietetic Association: BDA [Home - BDA](#)

## Contact us

For questions or concerns regarding the liquid diet or recovery process, ask the ward team to contact the dietetic department.

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

## Was this information helpful? Yes / No

Please let us know, contact [patient.information@stgeorges.nhs.uk](mailto:patient.information@stgeorges.nhs.uk) and include the leaflet title.

Thank you.

## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

The Walk-in and Advisory telephone services are closed on Wednesdays.

Please contact PALS in advance to check if there are any changes to opening times.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough wings.

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS UK

The NHS provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

### AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)).

The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

