



Clear Liquid Diet

During colonoscopy preparation, a clear liquid diet is necessary to provide you with the needed fluids. Clear liquids leave little or no residue in the digestive tract and are easy to digest. It is very important to avoid clear liquids with purple or red dyes. You will be starting your clear liquid diet the day prior to your exam, unless otherwise instructed.

<i>OK to Drink</i>	<i>Do NOT Drink</i>
<p>Water: mineral, carbonated, flavored</p> <p>Clear broths; chicken, beef or vegetable</p> <p>Juice, like apple or white grape</p> <p>Sodas or colas</p> <p>Gatorade, lemonade without pulp</p> <p>Tea (with sugar is OK)</p> <p>Coffee (and sugar or sweetner)</p> <p>Jello, may have plain ice popsicles</p> <p>Coconut water</p> <div data-bbox="159 1283 711 1409">  </div>	<p>Dairy, like milk or ice cream</p> <p>Artificial creamers</p> <p>Oat, nut, soy drinks</p> <p>Orange, tomato, grapefruit juice</p> <p>Smoothies, soups</p> <p>Purple or red dye fluids</p> <div data-bbox="927 1268 1398 1413">  </div>