



Digestive Health Specialists

OF THE SOUTHEAST

INSTRUCTIONS FOR CLEAR LIQUID DIET FOR COLONOSCOPY PREPARATION

Clear Liquid Diet

ONE DAY BEFORE—AND THE DAY OF—YOUR COLONOSCOPY, you will be on a clear-liquid diet. The chart below shows examples of drinks you can include and what to avoid. Starting the day before your screening, **DO NOT EAT ANY SOLID FOOD UNTIL AFTER YOUR COLONOSCOPY.**

Clear liquids and limited light-color drinks only.

YES- OK TO DRINK

Water

Tea and black coffee (no milk, cream, or lightner)

Flavored water without red or purple dye

Clear, light colored juices such as apple, white grape, lemonade without pulp, and white cranberry

Clear broth including chicken, beef, or vegetable

Soda

Sports drinks such as Gatorade and Propel (light colors only)

Popsicles without fruit or cream, no red or purple dye

Jello-O or other gelatin without fruit, no red or purple dye

Boost Breeze Tropical Juice drink

NO- AVOID THESE

Alcoholic beverages

Milk

Smoothies

Milkshakes

Cream

Orange juice

Grapefruit juice

Tomato juice

Soup (other than clear broth)

Cooked cereal

Juice, Popsicles, or gelatins with red or purple dye