

Clear-Liquid Diet for Colonoscopy Preparation

One day before----and the day of your colonoscopy, you will be on a clear-liquid diet. The chart shows example of drinks you can include, and what to avoid. Starting the day before your screening, don't eat any solid food until after your colonoscopy.

****See the low-fiber diet chart for what you can eat the previous days.**

CLEAR LIQUIDS AND LIMITED LIGHT COLOR DRINKS ONLY	YES OK TO DRINK:	NO AVOID THESE:
	<ul style="list-style-type: none"> *Water *Tea and black coffee without any milk, cream, or lightener *Flavored water without red, pink, 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, pink, or purple dye *Boost Breeze Tropical Juice drink 	<ul style="list-style-type: none"> *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, pink, or purple dye