

## 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.

OK to Drink	Do NOT Drink
Water: mineral, carbonated, flavored	Dairy, like milk or ice cream
Clear broths; chicken, beef or vegetable	Artificial creamers
Juice, like apple or white grape	Oat, nut, soy drinks
Sodas or colas	Orange, tomato, grapefruit juice
Gatorade, lemonade without pulp	Smoothies, soups
Tea (with sugar is OK)	Purple or red dye fluids
Coffee (and sugar or sweetner)	
Jello, may have plain ice popsicles	
Coconut water	



CedarValleyGI.com

1015 S. Hackett Rd., Waterloo, Iowa 50701 **319.234.5990** 

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