

## 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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