

## Digestive Health Center

# 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
<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>	<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>
	