

# Clear Liquid Diet

This diet consists of food products that are clear (things you can see through). The purpose of this type of diet is to limit the amount of food residue in the colon in order to be able to thoroughly examine the colonic wall during your colonoscopy.

## Liquids that are allowed (NOTE: NO red or purple colored liquids):

- Water
- Flavored water (*without red or purple dye*)
- Sports drinks, such as Gatorade® or Powerade®
- Tea or coffee (*without milk/cream*)
- Fruit-flavored drinks (*without red or purple dye*)
- Lemonade (*without pulp*)
- Apple Juice, White Cranberry Juice or White Grape Juice
- Soda
- Plain Jell-O® (*except red*)
- Yellow, orange or green popsicles
- Fat free clear broth (*chicken, beef, or vegetable*)

## Liquids that are NOT allowed:

- Alcohol
- Milk or non-dairy creamer
- Smoothies or milkshakes
- Juice with pulp
- Tomato Juice
- Soup (*other than fat free clear broth*)
- Any liquid you cannot see through

The above diet should be **followed strictly** in order to help ensure a thorough exam. Be sure to drink plenty of fluids, including water and others listed on the preparation sheet.