

Clear Liquid Diet

Clear Liquid Diet Start Date: _____

Clear Liquid Diet

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

Liquids 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 or cream*)
- Fruit-flavored drinks (*without red or purple dye*)
- Lemonade (*without pulp*)
- Apple juice, white cranberry juice, or white grape juice
- Soda/pop
- Plain Jell-O® (*except red*)
- Yellow, orange, or green popsicles
- Fat-free, clear broth (*chicken, beef, or vegetable*)

Liquids NOT Allowed:

- Alcohol
- Milk or non-dairy creamer
- Smoothies or milkshakes
- Juice with pulp
- 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 other listed beverages from the preparation sheet.