

Clear Liquid Handout (One Day Prior to your Procedure)



As you get ready for your colonoscopy, you must drink only clear liquids. A liquid is considered "clear" if you can read something through it. Below are examples of foods and liquids that are "ok" to eat while on a clear liquid diet.

Foods/liquids that are **OK** to have



OK Soda pop, ginger ale, and club soda



OK Water and mineral water



OK BLACK coffee (no cream or milk)



OK Honey



OK Flavored gelatin



OK Clear broth



OK CLEAR sports drink with electrolytes



OK Apple juice



OK Tea



OK



OK



OK

Although alcohol is a clear liquid, it can make you dehydrated. You should **NOT** drink alcohol while preparing for your test. Also, please **avoid food and liquids that are red or purple dyes.**

Below are examples of foods/liquids that are **"NOT OK"** to eat while on a clear liquid diet.



NOT OK
No milkshakes



NOT OK
No coffee with cream



NOT OK
No pineapple juice



NOT OK
No breads, grains, rice, or cereals



NOT OK
No soups with chunks of food



NOT OK
No meat



NOT OK
No milk or dairy products



NOT OK
No orange juice



NOT OK
No milk or dairy drinks



NOT OK
No vegetables



NOT OK
No fruits