

CLEAR LIQUID DIET

A clear liquid diet is part of your colonoscopy preparation and consists of consuming only transparent liquids that are easily digestible and do not leave any residue in the gastrointestinal tract.

USE THE TABLE BELOW TO CHECK WHICH LIQUIDS ARE ALLOWED WHILE ON YOUR CLEAR LIQUID DIET.

 YES OK TO DRINK	NO DO NOT DRINK 
Water	Liquids that are red, blue, or purple
Electrolyte beverages <i>(no red, blue or purple)</i> such as Gatorade [®] , Powerade [®] , Vitamin Water [®] and Pedialyte [®]	Fruit juices that contain pulp <i>(pineapple, orange, lemonade)</i>
Clear carbonated beverages <i>(no color additives)</i> Ginger Ale, Sprite [®] , 7-Up [®]	Milk, cream, non-dairy creamer
Tea	Coffee
Fruit juice without pulp <i>(apple, white grape, white cranberry)</i>	Alcohol
Jell-O[®] gelatin <i>(no red, blue or purple)</i>	Chicken or beef bouillon
Popsicles without pulp <i>(no red, blue or purple)</i>	Liquids that you cannot see through
Clear chicken or beef broth	
Crystal light lemonade	