

Clear Liquid Diet for Colonoscopy

One day before, and the day of, your colonoscopy, you will be on a clear liquid diet. The chart below shows examples of drinks you can include, and what to avoid. Please do not eat any solid food until after your colonoscopy.

Please drink 8 Oz fluids every hour. Hydration is very important to achieve a great colon cleanse.

YES – OK to drink	NO – Avoid These
<ul style="list-style-type: none">• Water• Tea and black coffee but NO milk or creamer• Boost Breeze Tropic Juice drink• Premier Protein Clear Drink• Ensure Clear Nutritional Drink• Clear, light-colored juices such as apple, white grape, lemonade. No pulp.• Clear broth. NO vegetable or meat particles• Soda• Sports Drinks (Gatorade, Propel)• Popsicles• Jello	<ul style="list-style-type: none">• Alcoholic beverages• Milk or Cream• Milkshakes• Orange, grapefruit or tomato juice• Soup• Cooked cereal• Red or purple liquids