

## Digestive Health Center

# Clear Liquid Diet

During colonoscopy preparation, a clear liquid diet is necessary to provide you with the needed fluids. Clear liquids leave little or no residue in the digestive tract and are easy to digest. Coffee is a clear liquid, but coffee with milk or cream is not. It is very important to avoid clear liquids with purple, green or red dyes. You will be starting your clear liquid diet the day prior to your exam.

<i>OK to Drink</i>	<i>Do NOT Drink</i>
Water	Milk
Clear broths; chicken, beef or vegetable	Cream
Flavored water <b>without</b> purple, green or red dyes	Ice cream
Juice without pulp (Such as apple juice, lemonade and white grape juice) and without dyes	Milkshakes
Sodas	Orange juice
Kool-Aid, Crystal Light, Gatorade	Smoothies
Tea (with sugar is OK)	Tomato juice
Coffee (with sugar is okay; do not add cream or milk)	Soups (other than clear broth)
Yellow or clear gelatin without fruit and no purple, red or green dyes (Example: Jello)	Grapefruit juice
Popsicles free of fruit, cream and colored dyes	Purple, green or red Jello
Italian ices free of dyes	
Coconut water	
	