

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 without 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)
Jello with no red or purple colored dye	Grapefruit juice
Coconut water	Purple or red jello/juice/popsicles
	