

CLEAR LIQUID DIET

THIS CLEAR LIQUID DIET IS MEANT TO BE FOLLOWED WHILE YOU ARE PREPARING FOR YOUR COLONOSCOPY. PLEASE FOLLOW THE PACKET OF INSTRUCTIONS YOU HAVE BEEN GIVEN FROM THE OFFICE.

Please remember, **NOTHING** to eat after breakfast the day prior to your colonoscopy. After breakfast you will be following this clear liquid diet.

LIQUIDS THAT ARE ALLOWED

- > GATORADE
- > JELLO
- > ICED TEA
- > POPSICLES
- > WATER
- > NON-COLA SODA (sprite, ginger ale)
- > HOT COFFEE OR TEA (no cream!!)
- > HARD CANDIES
- > SUGAR (with beverages)
- > APPLE JUICE (not cider)
- > SWEET N LOW, ETC
- > WHITE CRANBERRY JUICE
- > HONEY (in tea)
- > CLEAR CHICKEN OR BEEF BROTH
- > WHITE GRAPE JUICE

LIQUIDS NOT ALLOWED

- > NO RED, PURPLE PRODUCTS
- > NO ALCOHOLIC BEVERAGES
- > NO ORANGE JUICE OR CITRUS JUICE (if you can not see through the juice you may not have it)
- > ABSOLUTELY NO SOLID FOOD
- > NO MILK OR MILK DRINKS (includes powdered creamer)

ON THE DAY OF YOUR PROCEDURE

YOU ARE NOT TO DRINK ANYTHING 3 HOURS PRIOR TO YOUR PROCEDURE, NOT EVEN GUM CANDY OR MINTS!!!

YOU SHOULD NOT HAVE HAD ANY SOLID FOOD SINCE YOUR BREAKFAST THE DAY PRIOR TO YOUR TEST **IF THIS IS NOT FOLLOWED YOUR PROCEDURE WILL BE CANCELLED.**