

Clear Liquid Diet Guide for Colonoscopy Preparation

TYPE OF FOOD OR DRINK

YES--OK to EAT THESE FOODS

NO--AVOID THESE FOODS



- Water
- Tea and black coffee without any milk, cream, or lightener
- Flavored water without red or purple dye
- Clear, light colored juices such as apple, white grape, lemonade with out pulp, and white cranberry
- Clear broth including chicken, beef, or vegetable
- Soda
- Sports drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream; no red or purple dye
- Jello-O or other gelatin without fruit; no red or purple dye

- Alcoholic beverages
- Milk
- Smoothies
- Milkshakes
- Cream
- Orange juice
- Grapefruit juice
- Tomato juice
- Soup (other than clear broth)
- Cooked cereal
- Juice, Popsicles, or gelatins with red or purple dye