

COLONOSCOPY PREPARATION: CLEAR LIQUID DIET

If you are preparing to have a colonoscopy, your doctor has prescribed you a medication to prepare your bowel for the procedure. In addition to the medication, you may need to follow a clear liquid diet for 1-2 days prior to your procedure to aid in cleansing your bowel. Following these instructions is crucial to the success of your procedure. If your bowel preparation is incomplete, the physician may not be able to visualize everything necessary and your procedure would need to be repeated.

Food/Drinks allowed for “Clear Liquid Diet”

- Drinks:
 - Tea: regular or decaffeinated.
 - Carbonated beverages: no brown, red or purple liquids.
 - Fruit flavored drinks: no brown, red or purple liquids.
 - Fruit juices (STRAINED ONLY!): apple, white grape, no pulp lemonade.
- Clear broths.
- Clear Flavored gelatin/Jell-o (no red or purple flavors).
- Misc: Popsicles (no red or purple), sugar, honey, syrup, clear hard candies, salt.

Foods/Drinks to Avoid:

- Milk, Milk based drinks.
- All meats and meat substitutes.
- All vegetables.
- All “pulp” based fruit juices or juices containing unstrained fruit.
- All grains and starches.
- All fats/fatty substances.

We also recommend that colonoscopy patients avoid foods containing seeds for 5 days prior to the procedure.