

**1 DAY PRIOR** to your procedure (or per your doctor's orders), eat only a clear liquid diet. A clear liquid diet consists only of liquids that you would be able to read a newspaper through. A clear liquid diet:

- Cleans out your digestive system
- Gives your gastroenterologist a clear, clean view of your colon walls
- Keeps you hydrated before your procedure

Below is a guide to follow when preparing for a clear liquid diet.

| A CLEAR LIQUID DIET INCLUDES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | CLEAR LIQUID DIET <u>DOES NOT</u> INCLUDE                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <ul style="list-style-type: none"> <li>• Water</li> <li>• Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc.)</li> <li>• Clear carbonated and non-carbonated soft drinks or sports drinks</li> <li>• Powdered drinks (Crystal Light or Kool-Aid)</li> <li>• Store-bought, 99% fat-free broth (chicken, beef, vegetable or bone broth)</li> <li>• Popsicles</li> <li>• Gelatin (Jell-O)</li> <li>• Coffee or tea (no added milk or cream)</li> <li>• Ensure Clear nutrition drink</li> <li>• Coconut water (no pulp)</li> </ul> | <ul style="list-style-type: none"> <li>• <b>RED or PURPLE drinks</b><br/>Liquids that are red or purple can appear to be blood when doing a colonoscopy. Do NOT drink anything with these colors.</li> <li>• <b>Dairy products</b><br/>Dairy products are not considered a clear liquid because you cannot see through them when held to a light.</li> <li>• <b>Alcohol</b></li> <li>• <b>Protein shakes or Ensure, Boost or other meal replacement drinks</b><br/>These contain milk products.</li> </ul> |

### Tips and Tricks

- **Feel hungry?**  
Try bone broth or an Ensure Clear nutrition drink. Decaffeinated drinks also have been proven to decrease hunger pangs.
- **Need to chew?**  
Try munching on ice, gummy bears or gelatin. Just make sure they're not red or purple!
- **Need more variety?**  
Make sure to stock up on different flavors of the above approved list of items.