

## Clear Liquid Diet

Liquids you can see through at room temperature are considered clear liquids. Preparation for colonoscopy requires a clear liquid diet for the entire day before the procedure to help keep you hydrated, provide calories, and avoid residual stool in the colon so your procedure will be successful.

### Allowed foods and beverages:

Clear fruit juices: apple juice, white grape juice, lemonade (no pulp)

Soups: broth, bouillon

Beverages: black coffee, tea (hot or cold), clear soda, Gatorade (light colors only), water

Sweets/desserts: fruit ices without chunks of fruit, Jell-O (no red or purple dye), clear hard candy, and popsicles made from clear juices

### Foods to avoid:

All solid foods, dairy or foods containing milk, chocolates, cream soups

Liquids with red or purple coloring as they may be confused with blood in the colon