

Clear Liquid Diet

A clear liquid diet encompasses liquids that are clear and any food that turns into a clear liquid at room temperature (i.e. Jell-O). If you are following a clear liquid diet in preparation for your colonoscopy, please avoid any red or purple dyed liquids. Be sure to drink plenty of clear liquids with calories on clear liquid diet days. Avoid red or purple colored food and drinks as well as pulp and dairy products.

⊘ NO RED ⊘ NO PURPLE ⊘ NO DAIRY ⊘ NO PULP

APPROVED CLEAR LIQUIDS

- **Sports drinks/Gatorade®/VitaminWater®**
- **Fruit juice (no pulp)** Apple, white grape, white cranberry
- **Soda & carbonated beverages**
- **Clear broth/bouillon** Chicken, vegetable, beef flavors
- **Gelatin/Jell-O®**
- **Ice pop/Popsicles®**
- **Gummy bears**
- **Black coffee & tea** No liquid or powdered creamer/milk (dairy/soy/nut/oat); Sugar/sweeteners OK
- **Water** Plain, flavored, carbonated

FOODS TO AVOID

Avoid liquids you cannot see through such as dairy products (milk, cream), milkshakes, smoothies, tomato juice, juice with pulp, soups (other than clear broth), and oatmeal.

IF YOU ARE DIABETIC, AIM FOR 45 GRAMS OF CARBOHYDRATES PER MEAL AND 15-30 GRAMS PER SNACK

- **Clear liquids with about 15 grams of carbohydrates:** 4oz apple juice, 8oz sports drink, ½ cup gelatin, 2 popsicles/ice pops
- **Clear liquids with zero carbohydrates:** Black coffee, tea (unsweetened or diet), clear diet soda, seltzer, flavored water, fat-free broth, bouillon or consommé

⊘ NO RED ⊘ NO PURPLE ⊘ NO DAIRY ⊘ NO PULP