



570 New Waverly Place
Suite 140 Cary, NC 27518
Telephone: (919) 854-2500
Fax: (919) 854-2510

Clear Liquid Diet

1 Day Prior

Colonoscopy prep causes the body to lose a significant amount of fluid and can result in sickness due to dehydration. It's important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking all required clear liquids during the prep. Replenish your system by drinking clear liquids after returning home from your colonoscopy. NO red or purple liquids should be consumed!

FOODS ALLOWED:

Tea (decaf or regular)
Clear carbonated beverages
Fruit flavored drinks/Gatorade
Juice (no pulp)
Clear broths=chicken or beef bouillon
Flavored gelatins
Popsicles
Sugar, honey, syrups
Clear hard candy, salt
1 can of Ensure before 5pm

FOODS NOT ALLOWED:

Dairy or milk products
Fruit juices with unstrained fruit
Meats
Vegetables/Fruit
Grains & starches
Fats
**No RED or PURPLE liquids,
popsicles, gelatins, or candy

SAMPLE MENU:

BREAKFAST

4oz. White grape juice
6oz. Clear broth
Jell-O (plain, no fruit toppings)
Tea

LUNCH

4oz. Apple juice
6oz. Clear broth
Jell-O
Tea

DINNER

4oz. Lemonade
6oz. Clear broth
Jell-O
Tea

PLEASE NOTE: This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed.