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### **CLEAR LIQUID DIET**

**Only Clear (TRANSPARENT) Liquids allowed for the ENTIRE DAY BEFORE your Colonoscopy**

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. **No red or purple liquids** should be consumed, however cherry or grape Citrate of Magnesium is allowed.

**NO SOLID FOOD all day long the day before the procedure.**

#### **Examples of CLEAR- TRANSPARENT – LIQUIDS:**

Tea or Coffee (decaffeinated or regular)

**NO MILK, NO CREAMER**

Fruit “flavored” drinks – No Red or Purple

Sodas, Carbonated beverages (regular or diet) – No Red or Purple

CLEAR pulp-free Fruit Juices

**(NO ORANGE JUICE OR GRAPEFRUIT JUICE)**

**NO PULP!!!**

Apple Juice

White Grape Juice

Lemonade

Iced Tea

Gatorade/G2, Propel, Smart Water, Powerade, etc. **\*\*Good for electrolytes\*\***

**NO RED OR PURPLE**

Clear broth (chicken or beef) – canned or bouillon

Jell-O (regular or sugar-free) – **NO RED OR PURPLE**

Popsicles – **NO RED OR PURPLE**

Salt, Sugar, Artificial Sweeteners

**NO Milk, NO Creamer, NO Non-Dairy “Creamers”**