

CLEAR LIQUID DIET

This diet consists of food products that are clear (things you can see through). The purpose of this type of diet is to limit the amount of food residue in the colon in order to be able to thoroughly examine the colonic wall during your colonoscopy.

Remember: Always keep yourself well hydrated

ALLOWED

Food category	Food allowed
Beverages	Water, Tea or Coffee (without milk), Apple Juice, Grape Juice, Soda, Ginger Ale, Gatorade, or other Clear Drinks
Desserts	Plain Jell-O (no red color), Water Ices (Italian Ices), Popsicles
Soups	Fat Free Broth, Fat Free Bouillon, Fat Free Consommé'
Sweets	Hard Candy, Honey, Sugar

The above diet should be followed strictly in order to help endure a thorough colonoscopic exam. No other foods are allowed with this diet, some examples of foods NOT allowed are listed below.

NOT ALLOWED

- Milk
- Cheese
- Breads
- Ice Creams
- Sherbet
- Eggs
- Fruits
- Vegetables
- Meats
- Poultry
- Fish
- Nuts

Sample Meal

Breakfast:	1 glass of apple juice, 1 cup of Jell-O, 1 cup of tea with sugar
10 a.m. snack:	1 glass of ginger ale, 1 cup of Jell-O
Lunch:	1 cup of chicken broth, 1 glass of carbonated beverage
3 p.m. snack:	1 cup of tea with sugar, 1 cup of Jell-O
Dinner:	1 cup of vegetable consommé, 1 glass of fruit juice
8 p.m. snack:	1 cup of Italian ice, 1 cup of Jell-O