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Cape Girardeau, Missouri  
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## Clear Liquid Diet

This diet provides fluids that leave little residue(waste)and are easily absorbed. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. **NO RED OR PURPLE colored liquids should be consumed if this diet is for a colonoscopy.** A clear liquid diet may be prescribed for a temporary illness such as, diarrhea, nausea vomiting, and for various diagnostic tests.

**For colonoscopy a clean colon is the key to a successful colonoscopy!!!**

## LIQUIDS ALLOWED

Tea (decaf or regular)

Carbonated beverages

Fruit flavored drinks (not red or purple and no pulp)

Coffee

Ginger Ale

Crystal Light

Fruit flavored water

Strained fruit juices: apple, white grape, orange (pulp free)

Lemonade

Clear Broth (beef or chicken) & Consume

Jello (orange, lemon, lime NOT red)

Popsicles (not red or purple)

Sugar or Honey or Syrup

Clear hard candy (lemon lime or orange)

Salt

### **NO MILK or DAIRY PRODUCTS**

**DIABETIC PATIENTS:** The day before your procedure take only half of your diabetic medication(s) and the morning of your procedure do not take any of your diabetic medications unless instructed otherwise by the physician. Bring your medications with you to the procedure. If needed to raise your blood sugar drinks with sugar are allowed.

