

Clear-Liquid Diet for Colonoscopy Preparation

One day before – and the day of – your colonoscopy, you will be on a clear-liquid diet. The chart shows examples of drinks you can include, and what to avoid. Starting the day before your procedure, don't eat any solid food until after your colonoscopy.

(See the Low-Fiber Diet Sheet for what you can eat the previous days.)

✓ YES – OKAY TO DRINK	✗ NO – AVOID THESE
<ul style="list-style-type: none"> • Water (do not drink only water) • Tea and black coffee without any milk, cream, or lightener • Flavored water without red, orange or purple dye • Clear, light colored juices such as apple, white grape, lemonade without pulp, and white cranberry • Clear broth including chicken, beef, or vegetable • Carbonated soda's • Sports drinks such as Gatorade or Powerade (no red or purple) • Popsicles without fruit or cream (and no red or purple dye) • Jello-O or other gelatin without fruit (no red or purple dye) 	<ul style="list-style-type: none"> • Alcoholic beverages • Milk or Cream • Smoothies or Milkshakes • Orange juice • Purple grape juice • Grapefruit juice • Tomato juice • Soup (other than clear broth) • Juice, Popsicles, or gelatins with red, purple or orange dye • Anything that you cannot see through clearly

It is important to have plenty to drink to keep you hydrated and to help the prep work properly – at least 1 glass each hour during the day. **You should drink a total of 4 to 6 litres (16 to 24 cups) of clear liquids during the colon preparation time period.** Do not limit your liquids to only water as this may cause dehydration. Please ensure you are including salts and sugars within your beverage choices. **We strongly encourage drinking Sports Drinks and/or clear broth for this reason (must drink at least 2 bottles of Sports Drink).**

