

Clear Liquid Diet

(It is especially important to avoid clear liquids that are red or purple in color)

<u>OK</u> to Drink	Do <u>NOT</u> Drink
~Water	~Milk (no cow, soy, almond, rice, hemp, coconut milk, half & half)
~Flavored Waters (not red or purple in color)	~Cream
~Clear Broths (chicken, beef, or vegetable broth)	~Milkshakes
~Juices (without pulp and not red or purple in color)	~Icecream
~Apple	~Smoothies
~White Grape	~Orange Juice
~White Peach	~Grapefruit Juice
~Lemonade (without pulp)	~Tomato Juice
~Sodas	~Soups (other than clear broth)
~Gatorade	
~Tea (with sugar OK; no cream or milk)	
~Coffee (black or with sugar OK; no cream or milk)	
~Jello (without fruit; not red or purple in color)	
~Popcicles (without fruit or cream; not red or purple in color)	
~Italian Ice (not red or purple in color)	
~Coconut Water	

Why do I need to follow a clear liquid diet?

A clear liquid diet is necessary during a colonoscopy preparation to provide needed fluids. Clear liquids are easy to digest and leave little or no residue in the digestive tract. Clear liquids are liquids that you can see through. For example, coffee is a clear liquid, but coffee with cream or milk is not. You will be starting your clear liquid diet the day before your exam.

Pre-Procedure Orders For Diabetic Patients

<u>Diabetics on dietary control only:</u>	<u>Diabetics on oral hypoglycemics medicines:</u>	<u>Diabetics on Insulin:</u>
~No changes in usual prep. ~Blood sugar to be checked on arrival.	~Take usual diabetic medicine in the morning on the day <u>before</u> procedure, then no more diabetic medicines until after the procedure. ~Blood sugar to be checked on arrival.	~Take one half the usual insulin dose the day before exam. Do not take insulin the morning of the procedure. ~Blood sugar to be checked on arrival.