

## **CLEAR LIQUID DIET**

- Water
- Tea or coffee with no cream or milk added (sugar is allowed)
- Clear, strained fruit juices without pulp, such as apple juice, grape juice, and cranberry juice
- Strained soup broth, canned broth, and bouillon cubes (reconstituted)
- Soda
- Flavored orange drinks
- Gelatin (Jell-O)
- Popsicles that do not contain pulp
- Sports drinks (Gatorade)

(Creamy soups, tomato juice, orange juice, and milk are **NOT** clear liquids.)

If you are following a clear liquid diet prior to colonoscopy, you should avoid artificially red colored clear liquids.