

Clear Liquid Diet Instructions

For colonoscopy and patients on GLP1 weight loss medications: One day before your procedure, begin a clear liquid diet (unless otherwise instructed)

For everyone: On the day of your procedure, you may have clear liquids until 2 hours before your procedure (unless otherwise instructed).

YES – Ok to have these:

Water

Tea and black coffee, *with NO milk, cream or lightener*

Clear, light-colored juices (apple, white grape)

Soda

Sports drinks (Gatorade, light colors only)

Jell-O or gelatin without fruit (no red or purple color)

Clear broth without fat or oil



NO – do NOT have these :

Milk

Smoothies

Cream

Juice with pulp (orange, grapefruit)

Tomato juice

Soup or broth with oil or fat

Anything with red or purple color

Alcoholic drinks

