

Allied Gastrointestinal Associates

Clear Liquid Diet

The clear liquid diet is necessary before a variety of GI procedures. Before a colonoscopy, patients must be on a clear liquid diet the ENTIRE DAY before the procedure.

Nothing red or purple should be ingested. Boost Breeze is the only acceptable nutritional supplement.

Liquids that are allowed include:

- coffee or tea
- carbonated beverages like sprite or 7-up (but not Coke or Pepsi)
- fruit flavored drinks
- lemonade
- strained fruit juices
- clear broth or consommé
- jello
- water ice
- popsicles

Sugar candies, honey and salt can be added to anything as well.

Do not eat anything solid. No meats, vegetables, breads, fruits or desserts. Do not drink milk either.

All this is necessary prior to the colonoscopy we need the colon as empty as possible. Clear liquids, being absorbed in the small intestine, do not get to the colon in significant amounts.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE DAY BEFORE YOUR PROCEDURE. If you have medications to take prior to the procedure, take them that morning with a small sip of water.

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT THE

SCHEDULING DEPARTMENT AT 856-547-1212 EXT 130 OR EXT 129