

Clear Liquid Diet

Please read these instructions carefully. Closely following your colon cleansing prep and clear liquid diet will improve the quality of your colonoscopy. Drinking enough of a variety of clear liquids will help you to feel better, help with your bowel clean-out, and prevent dehydration.

- Drink ONLY CLEAR LIQUIDS from the list below the entire day before your colonoscopy.
- Clear liquids are those that you can see through and do NOT contain pulp, bits of food or cream.
- Drink a variety of clear liquids from the list below.
- The color of the liquid does not matter.
- Drink as much as possible.
- Follow the “Preparing for your Colonoscopy” instruction sheet you were given for mixing and taking your prep.
- Drink clear liquids before, during and after you finish your prep. STOP drinking all fluids at midnight.
- MiraLAX may be mixed with any of the Allowed Clear Liquids listed below.

Clear Liquids Allowed

	<ul style="list-style-type: none">• Fruit juices without pulp such as apple, cranberry, or white grape.	
	<ul style="list-style-type: none">• Clear chicken, beef, or vegetable broth. Warm broth may help settle an upset stomach.	
	<ul style="list-style-type: none">• Black coffee or tea, hot or cold. Sugar may be added.• Carbonated drinks and soda such as ginger ale or Sprite.	
	<ul style="list-style-type: none">• Plain Jell-O gelatin (without added fruit or toppings) NONE AFTER 6 PM.• Popsicles made from clear juices or Italian ices.• Sports Drinks WITH SUGAR such as BodyArmor, Gatorade, Vitaminwater, or Powerade.	

DO NOT drink diet, sugar free, light, low calorie or zero calorie drinks.

DO NOT drink flavored water, or water flavored with drops, enhancers, or powders.

DO NOT eat Jell-O after 6 PM.

DO NOT eat any solid food, pudding, cream soups, ice cream or smoothies.

DO NOT drink any milk or use any half & half or non-dairy creamers.

DO NOT drink any alcohol.

DO NOT mix all glasses of MiraLAX with the same drink. For example, mix some doses with juice, and some doses with a sports drink.