

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

**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.