

Clear Liquid Diet

A better name would be “thin” liquid diet, since we include anything that is or once was a thin liquid. Please note that this diet differs slightly than requirements prior to colonoscopy.

You may have any of the following:

- **Water**
- **Any soft drink**
- **Coffee** (no milk or cream)
- **Tea**
- **Thin juices** (any color) such as Gatorade®, apple juice, or cranberry juice
- **Soup broth** containing no solids
- **Popsicles** containing no solid fruit
- **Gelatin** (such as Jell-O®) containing no other solids
- **Sweeteners**

Please avoid the following:

- **Any solid foods** or liquids containing solids
- **Milk products** such as cream in your coffee
- **Thicker juices** such as orange or tomato
- **Smoothies** of any type
- **Alcoholic beverages**

Special Note to Diabetics

Good news! You get a little break from your diet. As you know, calories are a necessity to avoid hypoglycemia. So gather a selection from the above list that in total would equal the recommended daily caloric intake for you (typically around 1800 calories). On the day prior to surgery, spread these calories out as evenly as possible from early morning to late evening (a “meal” every 1½ - 2 hours). Of course, add the non-caloric liquids throughout the day in order to stay well hydrated. For patients taking insulin, please consult the physician managing your diabetes.