



ADVANCED GASTROINTESTINAL SPECIALISTS, P.C.

Leading the way in experienced, compassionate & results-driven care.

CLEAR LIQUID DIET

THIS CLEAR LIQUID DIET IS MEANT TO BE FOLLOWED THE DAY YOU ARE PREPARING FOR YOUR COLONOSCOPY. YOU ARE NOT ALLOWED TO HAVE ANYTHING TO EAT OR DRINK THE DAY OF YOUR PROCEDURE

DIABETICS

IF YOU ARE DIABETIC AND WE HAVE ALTERED YOUR MEDICATIONS FOR THE DAY OF YOUR PREPERATION, PLEASE MAKE SURE THAT YOU DRINK LIQUIDS WITH SUGAR IN THEM

PLEASE REMEMBER, **NOTHING** TO EAT OR DRINK AFTER 12:00 MIDNIGHT. CLEAR LIQUIDS ARE FOR YOUR PREP ONLY.

FOODS OR DRINKS ALLOWED

- GATORADE
- JELLO
- ICED TEA
- POPSICLES
- WATER
- NON-COLA SODA
- HOT COFFEE or TEA
- HARD CANDIES
- GRAPE JUICE (WHITE ONLY)
- SUGAR
- APPLE JUICE (NOT CIDER)
- SWEET N LOW, ETC
- CRANBERRY JUICE (WHITE ONLY)
- HONEY
- CLEAR CHICKEN OR BEEF BROTH
- POWDERED NON DAIRY CREAMER
- BOUILLON CUBES

FOODS OR DRINKS NOT ALLOWED

- **NO** RED, PURPLE OR ORANGE DYE PRODUCTS
- MILK OR MILK DRINKS
- DAIRY PRODUCTS
- ORANGE OR CITRUS JUICE
- ALCHOLIC BEVERAGES
- **NO SOLID FOOD**

***ON THE DAY OF YOU PROCEDURE —
YOU ARE TO HAVE NOTHING TO EAT OR DRINK.
NOT EVEN GUM OR MINTS.***

IF THIS IS NOT FOLLOWED YOUR PROCEDURE WILL BE CANCELLED