

CLEAR LIQUID DIET FOR COLONOSCOPY (The Day before your Procedure)

DRINKS THAT ARE OKAY	DRINKS THAT ARE NOT OKAY
Water	Orange or pineapple juice
Black coffee or tea (no milk/cream)	Milk or dairy products
Sport drinks with electrolytes	Milk shakes
Carbonated beverages	Malt
Apple Juice	Alcoholic drinks
Sparkling water	RED ,BLUE , OR PURPLE DRINKS!
OKAY	NOT OKAY - any solid foods!
Clear broth or soup	Vegetables
Honey	Fruits
Hard boiled lollies	Meat or poultry products
Gelatin (jelly)	Bread
Icy Poles	Pasta
Sugar	Rice, grains
Sorbet	Cereals, Seeds and Nuts