

EXAMPLES OF CLEAR LIQUIDS

- Carbonated Beverages
- Coffee (**No Creamer Or Dairy**)
- Gatorade
- Strained lemonade or limeade
- Fruit punches (strained if from fresh fruit)
- Tea (**No Milk**)
- Water
- Gelatin desserts (JELL-O) without added fruit (**No Red or Purple**)
- Italian ice
- Popsicles
- Apple juice Bouillon
- Clear, fat-free broth
- Consomme Honey
- Jelly (**no seeds or fruit pieces**)
- Syrups
- Plain sugar candy in small amounts
- Strained vegetable broth
- You may also strain soups like chicken noodle, chicken rice, etc. and just drink the broth.

No Red or Purple liquids!

No Alcohol!

****5 DAYS PRIOR TO YOUR COLONOSCOPY TRY TO REFRAIN FROM EATING ITEMS WITH SEEDS. (STRAWBERRIES, TOMATOES, CUCUMBERS, ETC.)****

If you have questions, or if you find you cannot tolerate the prep, then please call our patient line at (561) 964-8221.