What is a clear liquid diet?

You can only drink liquids you can see through. Examples include water, ginger ale, and clear broth. See the full list inside.

You can't drink milk, thick drinks, or juice with pulp.

You can't eat solid food.

Why is it necessary?

Clear liquids help prepare your digestive tract for colonoscopy and other GI procedures.

This diet helps your body rest and makes it easier for the doctor to see inside your colon.

Why no red or purple liquids?

These make it more difficult for the doctor to look for polyps or other real problems.

Red or purple food dyes can look like blood in your colon.

Your notes:

This brochure is for educational purposes only. It is not a substitute for professional medical advice.

Text adapted from the United States Department of Veterans Affairs (va.gov).

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Health Information

Clear Liquid Diet

What can you drink?





See the full list inside.

Clear Liquid Diet

✓ OK to drink:



- Water



- Popsicles



- Sprite
- Clear soda
- Ginger ale



- Sports drinks (no red, no purple)



- Apple juice
- White grape juice
- Lemon juice (no pulp)



- Tea (no milk)
- Coffee (no milk)



- Clear broth



- Jello



- Honey
- Sugar



- Ice chips

X Not OK:



- Milk
- Cream
- Milkshakes



- Red drinks
- Purple drinks



- Orange juice
- Juice with pulp



- Smoothies
- Dark juice



- Beer
- Vodka
- Alcohol