

# Clear Liquid Diet Sample Menus

You are having a colonoscopy on \_\_\_\_/\_\_\_\_/\_\_\_\_.

Here are some ideas for what you can eat the day before. **\*\*PLEASE—No red or purple fluids, pops, or jell-O!** Drink at least one 8oz. glass of clear liquid every 2 hours.

## BREAKFAST:



Clear juice  
(Apple, White Grape)

AND



Black Tea

OR



Black Coffee

## MID-MORNING SNACK:



Jell-O  
(NOT red or purple)

AND



Clear juice  
(Apple, White Grape)

AND



Clear Soda

OR



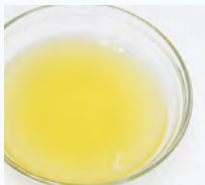
Gatorade  
(NOT red or purple)

OR



Water

## LUNCH:



Clear Broth  
(beef, chicken, or vegetable)

AND



Jell-O  
(NOT red or purple)

AND



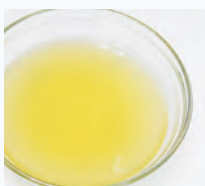
Ice Pop  
(NO pulp, NOT red or purple)

OR



Italian Ice  
(NOT red or purple)

## DINNER:



Clear Broth  
(beef, chicken, or vegetable)

AND



Ice Pop  
(NO pulp, NOT red or purple)

AND



Black Tea

OR



Black Coffee

OR



Jell-O  
(NOT red or purple)

OR



Water