

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