

Board Certified in Gastroenterology

Clear-liquid diet for colonoscopy preparation

One day before your colonoscopy, you will be on a clear-liquid diet. The chart shows examples of what you can drink and what to avoid. Starting the day before your screening, do not eat any solid food until after your colonoscopy.

See the low-fiber diet chart for what you can eat the previous days.

Clear Liquids and Limited Light-Color Drinks Only

Yes – Ok to Drink

- Water
- Tea and black coffee without any milk, cream, or lightener
- Flavored water without red or purple dye
- Clear, light colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth including chicken, beef, or vegetable
- Soda
- Sports drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream; no red or purple dye
- Jello-O or other gelatin without fruit; no red or purple dye
- Boost Breeze Tropical Juice drink

No – Avoid These

- Alcoholic beverages
- Milk
- Smoothies
- Milkshakes
- Cream
- Orange juice
- Grapefruit juice
- Tomato juice
- Soup (other than clear broth)
- Cooked cereal
- Juice, Popsicles, or gelatins with red or purple dye

