

## WEST CHESTER G.I. ASSOCIATES

# **CLEAR LIQUID DIET**

## **The day before your scheduled procedure**

If you want an accurate examination, it is important that your preparation for the test is complete. If your colon is not well cleaned out, the test may have to be rescheduled for another day. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed.

### **Suggestions for Clear Liquids**

*Anything that you can hold up to the light and see through*

### ***NOTHING RED OR PURPLE***

- Water
- Coffee – without milk, non-dairy creamer or cream
- Tea – without milk, non-dairy creamer or cream
- Carbonated beverages (such as coke, diet coke, ginger ale, sprite etc.)
- Gatorade®
- Kool-aid®
- Strained fruit juices (no pulp), apple, lemonade etc.
- Clear broth (chicken, beef etc.)
- Clear flavored Jello®
- Popsicles or water ice
- Clear hard candy, sugar, honey and lemon are o.k.

### **Avoid Day Before Procedure**

- All Solid Foods
- Milk, milk drinks, cream, non-dairy creamer
- Orange juice
- Fruit juice with pulp
- Alcoholic beverages

⇒ Questions about symptoms or medications call 484-356-1050 between **7:30 am- 3:30 pm**  
⇒ General or reschedule questions call 610-431-3122

### **Avoid grains, nuts, corn, seeds 3 days prior to procedure**

Examples: strawberries, raspberries, tomatoes,