



Optum Care Washington, PLLC

Clear Liquid Diet

It is especially important to avoid **RED** colored liquids. All other colors are okay including orange, purple, blue, green, yellow, etc.

<u>OK</u> to drink	Do <u>NOT</u> drink
<ul style="list-style-type: none">• Water• Tea or black coffee without any milk, cream, or lightener• Clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry• Carbonated drinks; including dark sodas (cola and root beer)• Jello or other gelatin without fruit• Strained vegetable juice• Sports drinks such as Gatorade and Propel (light colors only)• Clear, bone broth, fat-free broth (bouillon or consommé)• Honey or sugar• Hard candy, such as lemon drops or peppermint rounds• Ice pops or popsicles (without milk, bits of fruit, seeds, or nuts)	<ul style="list-style-type: none">• Alcoholic beverages• Milk or non-dairy milks• Smoothies• Milkshakes• Boost, Premier Protein, Protein 2.0• Cream• Ice cream• Orange juice• Grapefruit juice• Tomato juice• Soups (other than clear broth)• Juice, popsicles, or gelatin with red dye• Whole fruit popsicles• Egg whites

Why do I need to follow a clear liquid diet?

A clear liquid diet is necessary during a colonoscopy preparation to provide needed fluids. Clear liquids are easy to digest and leave little to no residue in the digestive tract. Clear liquids are liquids that you can see through. For example, coffee is a clear liquid but coffee with cream or milk is not.

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