

How to Prepare for Your Colonoscopy

On the day *before* your procedure...

- You will be on **clear liquids ONLY; NO SOLID FOOD** should be consumed the day before or the morning of your colonoscopy.
- **DO NOT** eat or drink anything that is **RED** or **PURPLE** or any **DAIRY PRODUCTS**

Any of the following items are ok to consume/have.



Water



Gatorade, Powerade, Pedialyte, Sodas, non- carbonated soft drinks like kool-aid. **(No red or purple drinks)**



Strained fruit juices (**without pulp**), lemonade, limeade, apple juice, orange juice, white grape juice, or white cranberry juice



Coffee and tea with or without sweetener/sugar. **NO Creamer or Half & Half**



clear broth or bouillon



Jello or Gelatin without fruit or toppings (**NOTHING Red or Purple**)



Popsicles (**No red or purple and No Ice cream center**)