Preparing for Your Colonoscopy:
The Clear Liquid Diet

INSTRUCTIONS:

STOP

- **For the entire day before your procedure until after the procedure is finished, <u>avoid all solid foods!</u>**
- The day before and day of the procedure, please follow a clear liquid-only diet.
- **You will need to stop drinking altogether <u>4 hours</u> before the procedure**

AS PART OF YOUR CLEAR LIQUID DIET, YOU MAY HAVE:

- No solid foods, only light or clear-colored liquids; nothing red or purple
- Water, Coconut water
- Fruit juices **without** pulp – apple, white grape juice, strained lemonade (no orange juice or red or purple juices)
- Clear broth or any flavor bouillon
- Gatorade, Kool-Aid, Crystal-lite, Vitamin Water (clear, not red or purple)
- Soda and iced tea, regular or diet (clear, not red or purple)
- Jell-O gelatin **without** added fruit or toppings (clear, not red or purple)
- Popsicles, ices or sorbet (lemon, peach, or mango; not red or purple)
- Honey, sugar, and clear hard candies
- Tea or coffee **without** milk, cream, or non-dairy creamers.

YOU MAY NOT HAVE

- Dairy products (regular milk, soy milk, rice milk) or non-dairy creamers
- Smoothies
- Blended fruit or vegetable drinks

SPECIAL INSTRUCTIONS:

- You may drink clear liquids-only **up until 4 hours** before your procedure. 4 hours before the procedure, please do **NOT** drink anything further. This includes gum/candy in the mouth.
- You may brush your teeth before the procedure
- Red/purple colored medications are ok to take the day before the procedure
- **MEDICATION INFORMATION** You will need to avoid coumadin, aspirin, or other blood-thinning medications (for example, Motrin, Advil, Ibuprofen, Aleve) for 5 days before your procedure<u>. Please OK this with your prescribing physician</u>. See the attached listing of other medications to avoid.
- You will need to avoid eating or drinking anything red or purple in color the day before or the day of your procedure, until after the procedure is finished.
- You **<u>must</u>** have someone escort you home after your procedure.

If you have questions please call **<u>The Jay Monahan Center at 212-746-4014</u>**