



The following is a list of “clear Liquids,” you are allowed to have during the Colonoscopy Preparation process. **A rule of thumb is: if you can see through the clear liquid and it isn’t purple or red, you can have it.**

- Water, soda water, seltzer or sparkling
- Soft drinks (orange, ginger ale, cola, Sprite, 7-Up, etc.)
- Sports drinks/Gatorade (no red or purple)
- Kool-Aid (no red or purple)
- Strained fruit juices without pulp. (Apple, white grape, white cranberry, orange, lemonade, etc).
- Tea or coffee (no milk or nondairy creamer)
- Low-salt chicken or beef bouillon/broth
- Hard candies
- Jell-O (lemon, lime or orange; no fruit or toppings)
- Popsicles, Italian ice (no ice cream, sherbets, or fruit bars)

***DO NOT DRINK ANYTHING RED OR PURPLE IN COLOR**

***DO NOT DRINK ANY ALCOHOLIC BEVERAGES**