

CLEAR LIQUID DIET

This diet provides fluids that are easily absorbed and leave no residue. This diet does not supply all essential nutrients and is recommended for a single day only. **You may have as much of the clear liquids as you want to satisfy your appetite. Do not consume red or purple liquids. You are encouraged to drink as much water and sports drinks (Gatorade). Good hydration is key to the adequate prepping of your colon for the procedure. Poor hydration is frequently a cause of the headache at times associated with the procedure.**

FOODS ALLOWED

Tea/coffee (decaffeinated or regular),
carbonated beverages, fruit flavored drinks.

Strained fruit juices; apple, white grape,
lemonade.

Clear broth or consommé.

Clear flavored gelatin, Popsicles
(no red or purple flavors).

Sugar, honey, syrup, clear hard candy,
salt (to taste).

FOODS TO AVOID

Milk and milk drinks.

Fruit juices with pulp or unstrained
fruit.

If you have questions regarding the above diet, please contact our office at (408) 402 9990.

Marwan A. Balaa, MD.