**Clear Liquid Diet**

Clear liquid diet means NO solid food, milk, milk products, or liquids that have pulp. Clear liquids are liquids that you can see through. For this procedure, we also require **NO LIQUIDS THAT ARE RED OR PURPLE COLORED.**

Clear liquids include:
- Water
- Clear fruit juice without pulp (apple, white grape, white cranberry)
- Lemonade (without pulp)
- Clear broth
- Coffee or tea (without cream)
- Gatorade (not red or purple)
- Carbonated soft drinks (7UP, sprite)
- Kool-aid or similar drink (not red or purple)
- Plain jello (without added fruit, not red or purple)
- Popsicles (not red or purple)

**Soft Diet**

Includes:
- Non-alcoholic beverages, any
- Soft breads and rolls, crackers, cereals (must not have seeds, nuts, dried fruit, avoid coarse bran cereals)
- Cakes, pudding, custard, ice cream, sherbert, gelatin, popsicles, fudgesicles (must not have nuts, seeds, dried fruit, or coconut)
- Fruit juices, cooked or canned fruit, banana or other ripe soft fruits without seeds
- All lean, tender meats, poultry, fish
- Eggs, mild cheeses, yogurt
- Smooth peanut butter
- Potatoes, white rice, pasta
- Soups made with allowed foods from this list
- Butter, margarine, oils, gravy, ketchup, sugar, honey, syrup, hard candy, seedless jams, chocolate, are all allowed

Avoid:
- All vegetables
- Nuts, seeds, popcorn
- Dried fruit and coconut, berries, pineapple or hard/unripened fruits
- Strongly flavored, spicy, or highly seasoned foods, meats and sauces

**Helpful Hints**

- For best cancer/polyp detection, it is important that you drink all of the laxative prep solution before your exam. At a minimum, you must drink until your stools are clear and remain clear – this usually takes at least ¼ of the laxative solution.
- When drinking prep, drink an 8 oz glass every 10-15 minutes
- It is better to drink the solution quickly – try using a straw
- You may suck on hard candy or chew gum between glasses
- If you get too full, nauseated or chilled take a 30 minute break and then start drinking again more slowly
- To prevent your bottom from becoming sore, you may:
  1. use baby wipes or Tucks pads
  2. apply KY Jelly
  3. soak in warm water bath or use warm water spray
  4. use hemorrhoidal ointment if you have hemorrhoids (Wipe off prior to your exam)
  5. DO NOT use zinc based ointments or vaseline

ATTENTION – IMPORTANT INFO
If after finishing the laxative prep your stools are not a clear yellow (like urine) with “flecks,” you may need tap water enemas administered upon arrival at the Digestive Health Center. Please call us ahead of time at 608-229-7575 to make arrangements.
### Day 1
- **Day of Exam**
  - 06:00am
    - Clear Liquid Breakfast
      - Drink 1/2 to 3/4 of bottle
      - See HELPFUL HINTS
  - 07:00am
    - Start drinking remainder of prep
      - See HELPFUL HINTS
  - 10:00pm
    - Take evening medications as directed

### Day 2
- **EVENING before EXAM**
  - 6:00pm
    - Clear Liquid Diet
      - Drink bottle of Magnesium Citrate
  - 6:00pm
    - Start drinking laxative prep
      - See HELPFUL HINTS
  - 10:00pm
    - After prep is finished, you may drink only water up until 2 hours prior to arrival at the center

### Day 3 to 5
- **ON PREP DAY**
  - Mix bowel prep according to instructions on package, stir well, you may refrigerate but this is not necessary. You may add Crystal Light lemonade flavored only but DO NOT alter the solution in any other way, i.e., adding other flavorings, ice or other ingredients.

### 2 DAYS before EXAM
- **DAY before EXAM**
  - 6:00am – 5:00pm
    - Soft Diet
      - (see SOFT diet on back)
  - 5:00pm
    - Clear Liquid Diet for dinner; may have Clear Liquids until Midnight

### 3 to 5 DAYS before EXAM
- **PREP DAY**
  - Make sure you pick up your bowel prep and bottle of magnesium citrate (not cherry red) from your pharmacy
  - Stock up on Clear Liquids – list on back
  - If you are constipated, take a dose of Milk of Magnesia at bedtime three nights before your exam, and again two nights before your exam.
  - Drink extra fluids (non-alcohol low). Avoid refrig (any type of tea), peas, carrots, corn, tomatoes, whole grain breads and nuts.
  - Step iron supplements and fish oil products. Check with your insurance company and make sure your colonoscopy is covered if insured.

### Preparing for the Exam
- 3 to 5 DAYS before EXAM
  - Mix bowel prep according to instructions on package, stir well, you may refrigerate but this is not necessary. You may add Crystal Light lemonade flavored only but DO NOT alter the solution in any other way, i.e., adding other flavorings, ice or other ingredients.

### Important Notes
- 2 DAYS before EXAM
  - Drink at least 8 glasses of liquid throughout the day. The glass should be at least 8 ounces (8oz = 1 cup). Cross off each glass as you drink it.

### Day 4
- **DAY of EXAM**
  - 06:00am
    - Clear Liquid Diet
      - (see CLEAR LIQUID diet on back)
  - 07:00am
    - Start drinking remaining prep with sip of water
      - See HELPFUL HINTS
  - 10:00pm
    - Take evening medications as directed

### Helpful Tips
- **Day before EXAM**
  - After prep is finished, you may drink only water up until 2 hours prior to arrival at the center.

### Dental Care
- **DAY of EXAM**
  - You may brush your teeth.
  - You may brush your teeth.

### Dietary Restrictions
- **EVENING before EXAM**
  - After first drinking the prep, you may eat, drink, or chew anything further.

### Additional Instructions
- **LATE DAY EXAM**
  - Arrive 6:45am – 8:30am
  - Mid-Day EXAM
    - Arrive 8:45am – 1:00pm
  - Late Day EXAM
    - Arrive 1:15pm – 4:00pm