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**COLONOSCOPY PREP:**

- THE DAY BEFORE THE PROCEDURE.....YOU NEED TO BE ON A **CLEAR LIQUID DIET**, ALL DAY LONG, STARTING WITH BREAKFAST.

1. CLEAR LIQUIDS ARE ANY FOODS YOU CAN SEE THROUGH.
2. AVOID ALL SUBSTANCES THAT ARE **RED OR PURPLE**. THEY MAKE YOU LOOK LIKE YOUR BLEEDING WHEN YOUR NOT.
3. LIMIT YOUR CAFFEINATED AND ALCOHOLIC BEVERAGES (YOU MAY HAVE ONE OR TWO.)

**SUGGESTED FOODS FOR A CLEAR LIQUID DIET:**

APPLE JUICE, HERBAL TEA, JELLO (**NOT RED**)  
BROTH OR BOUILLON (NO CRACKERS OR NOODLES)  
WHITE GRAPE JUICE, GATORADE (**NOT RED**), SODA  
PLAIN HARD CANDIES (**NOT RED**), POPSICLE, KOOL-AID,  
SEASONINGS ARE ALLOWED (SUGAR, HONEY, SUBSTITUTES  
AND SALT.)