Gastroenterology Associates of Texas, PA

Adult Gastroenterology, Hepatobiliary & Pancreatic Disorders
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The Clear Liquid Prep

The Day Before Your Colonoscopy

START EARLY. On the day before your colonoscopy, please start drinking clear liquids immediately upon awaking. This is most important. Ideally, you would have consumed **60 ounces of water** by the time you start the prep.

Your clear liquid diet starts at 12:01 AM the day before your colonoscopy.

- **No solid food at all.**
- **No dairy or non-dairy products** allowed.
- **Do not eat or drink anything red or purple in color.**

Acceptable Clear Liquid Choices

- Clear chicken, beef, and bone broth
- Gatorade, Powerade, Propel
- Lemonade
- Apple juice
- White cranberry juice
- Water and flavored bottled water — **at least 1 gallon of water**
- Coffee, with no creamer or milk
- Tea, herbal tea, green tea
- Pedialyte
- Jello or gelatin, plain, with no Cool Whip or fruit
- Popsicles and Italian ices
- Sodas such as Sprite, 7-Up, and ginger ale

PLEASE FOLLOW THE COLON PREP INSTRUCTIONS GIVEN TO YOU BY OUR OFFICE ONLY.
Do not go by the instructions on or in the box, internet instructions, or pharmacy instructions.