




Clear Liquid Pre- Colonoscopy Diet Plan



Your bowel prep is extremely important! Please read and follow the diet and prep instructions carefully. A poor preparation may result in a missed lesion and could result in having to repeat your procedure much sooner than would otherwise be needed.

3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>» Begin low fiber diet</p> <p>- NO SEEDS, NO NUTS, NO POPCORN, NO CORN</p> <p>- Recommended foods: white bread, pasta, rice, well cooked vegetables, lean meats, chicken, fish and eggs</p> <p>- AVOID: <u>raw</u> fruits and vegetables (canned or cooked are okay), whole wheat or multi grain wheat products or bran, lentils, lettuce and fatty foods</p> <p>» Drink at least 5 glasses of water throughout the day</p> 	<p>» Continue low fiber diet</p> <p>» Drink at least 5 glasses of water throughout the day</p>  <p>» NO SOLID FOOD AFTER MIDNIGHT</p>	<p>» Begin clear liquid diet</p> <p>- No RED or PURPLE colored liquids</p> <p>- You may have: clear broth or bouillon, coffee or tea (no creamer), clear fruit juices (apple or white grape), carbonated beverages, Gatorade, plain Jello, popsicles</p> <p>** No red or purple **</p> <p>» Drink at least 5 glasses of water throughout the day</p>  <p>» 3:00PM to 6:00PM START YOUR BOWEL PREP</p>	<p>» Continue clear liquids</p> <p>» 4 hours prior to leaving home for your procedure take your second dose of prep</p> <p>» 3 hours prior to your procedure arrival time stop taking anything by mouth, No gum, No mints, No smokeless tobacco</p> <p>» After your prep, the results should appear <u>clear</u> yellow or <u>clear</u> green liquid with no solid matter → If not, please call your doctor at the office or medical exchange</p>