

CLEAR LIQUID DIET INFORMATION

This diet consists of clear liquids with little nutritional value, and should be followed only for a short period of time. One or two days of this diet does not represent a health risk. **A clear liquid is defined as any liquid you can shine a light through that is not foggy or cloudy and is not colored red or purple.** Listed below are clear liquid diet restrictions and acceptable beverages, desserts, and soups.

- BEVERAGES:** Apple juice, white grape juice, white cranberry juice, strained lemonade or limeade, tea (no milk, cream or nondairy creamer), water, carbonated and non-carbonated soft drinks, Kool-Aid, Gatorade, Powerade, or Propel.
- DESSERTS:** Italian ices, ice-popsicles, Jell-O without whipped topping or fruit, and hard candy.
- SOUP:** Clear broth or bouillon without noodles, vegetables, etc.
- RESTRICTIONS:** AVOID any red or purple colored clear liquids, including gelatins, beverages and ices.

DIABETICS: GENERAL GUIDELINES & INSTRUCTIONS

- **We encourage you to contact your PCP or endocrinologist to discuss proper glucose regulation during your prep.**
- Your blood glucose and vital signs will be monitored while at the facility.
- Bring your oral hypoglycemic medication to the procedure. You can take it after the procedure is over if necessary.
- Oral hypoglycemic medications generally do not need adjustments and patients may take their oral medication as directed up until the day of the procedure.
 - **For AM procedures:** You should hold the AM oral medication dose and take it after the procedure is over.
 - **For PM procedures:** you may take clear liquids in the AM up to 4 hours before the procedure. You may suck on clear hard candies or chew on sugared gum up to the procedure time for low blood sugar.
- Patients taking insulin should only take half (1/2) the usual scheduled dose before the procedure. Please call your prescribing physician with any questions regarding your medications.

GENERAL HINTS & REMINDERS FOR COLONOSCOPY

- Consider trying flushable baby wipes to help avoid irritation from wiping with toilet paper.
- You may use Vaseline or any water soluble lubricants for relief from any rectal irritation. DO NOT use Desitin ointment.
- The laxative will vary in how quickly it works from patient to patient. You may experience diarrhea within an hour, or you may have to wait several hours.
- Be prepared to describe your last few bowel movements. You will be asked about the color and appearance to make sure the preparation has worked.
- Rinsing your mouth and gargling with mouthwash can eliminate any aftertaste between doses of preparation liquid.
- If you feel nauseated or bloated while taking the prep, you may stop the prep for 30-45 minutes one time and then resume.
- If you use reading glasses, please bring them with you as you will need to read and sign a consent form and discharge sheet.