You are having a colonoscopy on __/_____/_____.

Here are some ideas for what you can eat the day before. **PLEASE—No red or purple fluids, pops, or jell-O!** Drink at least one 8oz. glass of clear liquid every 2 hours.

### Clear Liquid Diet Sample Menus

#### BREAKFAST:

<table>
<thead>
<tr>
<th>AND</th>
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</thead>
</table>
| Clear juice  
(Apple, White Grape) | Black Tea |
| Black Coffee |

#### MID-MORNING SNACK:

<table>
<thead>
<tr>
<th>AND</th>
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</thead>
</table>
| Jell-O  
(NOT red or purple) | Clear juice  
(Apple, White Grape) | Clear Soda  
(NOT red or purple) | Gatorade |

#### LUNCH:

<table>
<thead>
<tr>
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</table>
| Clear Broth  
(beef, chicken, or vegetable) | Jell-O  
(NOT red or purple) | Ice Pop  
(NO pulp, NOT red or purple) |
| Italian Ice  
(NOT red or purple) |

#### DINNER:

<table>
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<tr>
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<th>AND</th>
<th>OR</th>
<th>OR</th>
</tr>
</thead>
</table>
| Clear Broth  
(beef, chicken, or vegetable) | Ice Pop  
(NO pulp, NOT red or purple) | Black Tea |
| Black Coffee  
(NOT red or purple) | Jell-O  
(NOT red or purple) | Water |