



## COLONOSCOPY: *Before Your Examination!!*

### **CLEAR LIQUID DIET (NO PULP IN JUICES!!)**

**These should not be sugarless / diet drinks; you get few calories during prep as is!!  
You should not be taking flax seed oil, fish oil (omega 3) oil or similar supplements for 7 days before the exam. Alcoholic drinks are bad idea when your diet is this limited.**

#### ALLOWED

Beverages: strained fruit juice (NO PULP)  
(orange, grapefruit, lemon); apple, white grape  
Clear fruit flavored drinks  
Lemonade with no pulp

Carbonated beverages (sodas): NOT COKE OR PEPSI

OK: 7UP, Sprite, pale or colorless beverages

Gatorade (not red or dark color), Propel, Powerade

Water (Vitaminwater has no minerals so is WATER)

Powdered fruit beverages

BLACK coffee, Tea, ice tea in usual amounts but no milk

Soups: consomme, bouillon

**Only Broth from a Carton is OK**

(turkey, beef, veggie, chicken) Fat free

Sweets and desserts:

Sugar, hard candy, Popsicles

(orange, yellow, pink ok)

Fruit ice, gelatin (Jello), slushes

Hard candy brands OK:

Life Savers, Jolly Ranchers

No gummy bears, chewy candy

#### Foods to AVOID

Milk, all others

No pulpy juice

No RED, GREEN, BLUE, PURPLE  
liquids

(when the laxatives start, at times red liquids  
in diet result in very red stools, and people  
fear they are bleeding!! Dark fluids can leave  
dark residue in colon)

Cream, noodle soups, all others

Chicken broth, canned or fresh:  
leaves oily residue!

Chocolate, all others

Custard, ice cream, sherbet,  
or almond "jello"

(no RED, GREEN, PURPLE jello please)

(Can make slush by mixing frozen **NON-PULP** juice concentrate and ice in a blender,  
blenderize until ice is finely chopped. Some water can be added.)  
(Gelatin can be served clear or can be whipped before it sets to give it more texture)

**DRINK PLENTY OF FLUIDS OF A VARIETY OF TYPES—NOT JUST WATER OR  
JUST GATORADE!! YOU NEED SOME SALTY AND SWEET THINGS. YOU NEED  
CALORIES AND MINERALS FROM THESE! BY HAVING LOTS OF FLUID ALL  
DAY LONG, AND EVEN AT NIGHT IF UP, UNTIL 3 HOURS BEFORE YOUR  
APPOINTMENT TIME, YOU WILL FEEL STRONGER AND THE PREP WILL BE  
EASIER AND MORE THOROUGH.  
FLUIDS SHOULD STOP 3 HOURS BEFORE YOUR APPOINTMENT TIME FOR  
PROCEDURE, EXCEPT SIPS OF WATER TO TAKE MEDICATION.**



## COLONOSCOPIA: Antes de su Examen

### LIQUIDOS CLAROS (SIN PULPAS!)

**Sodas communes (que no sean dieteticas, usted necesita las calories!)**

#### PERMITIDO

Bebidas y Tes:

Limonada

Jugo de naranja sin pulpa

Sodas claras (sprite y 7-Up)

Gatorade (sin rojo); Propel; Powerade

Te (sin leche), café negro (sin leche)

Sopas:

Consume caldo do pollo y de res  
(sin carne o verduras)

Postres:

Paletas de agua delatina

(no de color verde, rojo o morado)

(Luego del efecto do los laxantes, liquidos rojos causan el excremento que se vea rojo, apareciendo sangre. Los liquidos morados manchan el inteestino y impede que el doctor vea bien)

Agua Vitaminwater

Dulcess:

Caramelos (solamente duros), paletas

#### NO PERMITIDO

Lo que no puede

café, leche,

liquidos de color oscuro

NADA SOLIDO

Alcohol

Sodas con color chocolates

Cacaguates

Todos postres y cholcolate

Preparece una raspado mesclando jugo concentrado (sin pulpa) y hielo en la lucuadora hasta la consistencia que le agrade. Le puede agregar agua a su gusto. Puede consumer gelatina (sin color fuerte) ejemplo—anaranjado, rosita, amarillo, la peude batir antes de congelar para darle mas consistencia.

**TOME MUCHOS LIQUIDOS DE VARIEDAD, NO SOLO GATORADE O AGUA. NECESITA CONSUMIR LIQUIDO SALADO Y DULCE TAMBIEN, LE DA LAS CALORIAS Y MINERALS NECESARIOS. CONSUMIENDO MUCHOS LIQUIDOS TODO EL DIA Y DURANTE LA NOCHE SI DESPIERTA, AYUDA TRABAJAR MEJOR EL LAXANTE Y LE DA MAS FUERZA. NO CONSUMIR NINGUN LIQUIDO 3 HORAS ANTES DE SU EXAMEN (solo sorbitos de agua si tiene que tomar medicina)**