

Acceptable clear liquids

Avoid all red and purple liquids. Red and purple artificial coloring may discolor the fluid in your colon and give the appearance of blood, making it difficult to properly evaluate. Below is a list of items that are allowed while completing the colonoscopy prep.

Beverages	Carbonated beverages	Other
Beverages	Ginger ale	Broth (chicken, beef or vegetable)
Water	Seltzer	Jell-O
Apple juice	Lemon-lime soda (7-up)	Popsicles
White grape juice	Orange soda	
Orange juice (no pulp)	Cola (Coke, Pepsi, etc.)	
Coffee or tea (no milk or creamer, sugar is okay)		
Sports drinks (Gatorade)		
Flavored drinks (Kool-Aid)		