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## Questions?

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# Colonoscopy Clear Liquid Instructions

**DESCRIPTION:** This diet is intended to be used for a short period of time (24 hours to 48 hours) following acute vomiting, diarrhea or prior to and following surgery. The objective is to relieve thirst and provide adequate fluids to maintain fluid balance. This diet includes liquids that contain no residue.

**ADEQUACY:** It is adequate in all nutrients.

<b>FOODS ALLOWED AND FOODS TO AVOID:</b>		
<b>Food Group</b>	<b>Foods Allowed</b>	<b>Foods to Avoid</b>
Fruit Juices	Cranberry, grape, apple, pineapple, strained orange or grapefruit juice	All others
Desserts and Sweets	Sugar, clear hard candy, plain gelatin, Popsicle	All others
Seasonings and Condiments	Salt	All others
Beverages	Carbonated beverages, coffee, decaffeinated coffee, tea, powdered fruit flavored beverages	All others
Soups	Broth, bouillon and consommé	All others
		Nothing red in color (example: red Jell-O, red soda, etc.)

