

## GASTROENTEROLOGY CLINIC OF SAN ANTONIO, P.A.



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### Colonoscopy Diet Instructions:

Start on clear liquid diet 24 hours prior to the start time of your procedure.

No solid foods. This is important. The cleaner your colon, the better look we will be able to get.

Clear liquids are allowed such as coffee, tea, soup, bouillon, chicken broth, water, clear sports drinks (Gatorade), apple juice, white grape juice (if you can see through it, then it's OK to drink.)

NO drinks with pulp or seeds in them

NO Red, Green, Blue, or Purple  
drinks

Jello is OK as long as it's not one of the colors listed above.

Drink lots of fluids during your prep to avoid dehydration.

**Stop all oral intake 8 hours prior to exam** to assure that your stomach is empty for the exam.

This helps reduce the risk of aspiration.