



GARY A. MATUSOW, D.O.
Board Certified Gastroenterologist

VINCE MCLAUGHLIN, M.D.
Board Certified Gastroenterologist

MARIA PAGAN, MSN, APNC
Board Certified Advanced Practice Nurse

Clear Liquid Diet

The clear liquid diet is necessary before a variety of GI procedures. Before a colonoscopy, patients are permitted to have a light breakfast then they must be on a clear liquid diet the rest of the DAY BEFORE the procedure.

Nothing red and no milk products should be ingested.

Liquids that are allowed include:

- Coffee or tea
- Carbonated beverages
- Fruit flavored drinks
- Lemonade
- Strained fruit juices
- Clear broth or consommé
- Jell-O
- Water ice
- Popsicles

Sugar candies, honey and salt can be added to anything as well.

Do not eat anything solid. No meats, vegetables, breads, fruits or deserts.

All this is necessary prior to the colonoscopy and small bowel capsule because we need the colon as empty as possible. Clear liquids, being absorbed in the small intestine, do not get to the colon in significant amounts.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE DAY BEFORE YOUR PROCEDURE. If you have medications to take prior to the procedure, take them that morning with a small sip of water.

If you have any questions, please contact the office (856) 691-1400.

GASTROENTEROLOGY



GASTROINTESTINAL ENDOSCOPY



DISEASES OF THE LIVER

602 W. Sherman Avenue Vineland, NJ 08360-7072 Phone 856.691.1400 Fax 856.691.7117 www.gastrogroupsj.com