

# Colon Cleansing Tips

Examples of a clear liquid diet	Colon cleansing tips	Avoid fiber, including the following
<ul style="list-style-type: none"> <li>• Water: drink at least 8 glasses of water during the day</li> <li>• Fruit juices that you can see through: apple, white grape, white cranberry (NO RED/PURPLE JUICES)</li> <li>• Gatorade/Pedialyte (NO RED)</li> <li>• Jello/popsicles, hard candy (NO RED)</li> <li>• Clear broth or bouillon</li> <li>• Tea (no cream/milk/powdered creamer)</li> <li>• Carbonated and non-carbonated drinks (sprite, 7 up, ginger ale, crystal light lemonade) (No brown or red soda pops/drinks)</li> <li>• <b>**NO RED LIQUIDS, NO ALCOHOL, NO COFFEE, NO DAIRY PRODUCTS**</b></li> </ul>	<ul style="list-style-type: none"> <li>• You may add Crystal Light Lemonade to the Golytely (NO RED)</li> <li>• You may chill the Golytely/ Miralax in refrigerator. <b>DO NOT ADD ICE TO SOLUTION OR TO YOUR DRINKING GLASS</b></li> <li>• Even if you are sitting on the toilet, continue to drink the cleansing solution every 15 minutes.</li> <li>• If you feel nauseated or vomit, rinse your mouth with water, take a 15 -minute break and then continue drinking the solution.</li> <li>• You may suck on a few hard candies (NO RED).</li> <li>• Alcohol free baby wipes or Vaseline may help ease skin irritation.</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh fruit</li> <li>• Dried fruit</li> <li>• Fresh Vegetables</li> <li>• Popcorn</li> <li>• Nuts</li> <li>• Seeds</li> <li>• Whole Grain breads or cereals</li> <li>• Beans and peas</li> <li>• Rice</li> <li>• Coconut</li> <li>• Psyllium supplements</li> <li>• Potatoes with skins</li> </ul>