



CHARLOTTE GASTROENTEROLOGY & HEPATOLOGY

Sample Diet and Instructions for Colonoscopy Patients

In order to make your prep experience as pleasant as possible, we have developed the following diet to help ensure your prep goes as smoothly as possible. You may follow the suggested meal plan below or feel free to make alternate selections from any listed meal or from the substitution list. Remember that no solid food is allowed the day before your procedure or the day of your procedure. Remember you must stop eating and drinking (including water) four (4) hours before your appointment time. Please limit coffee, tea and/or cola intake to only 2 servings each day. Please contact the office if you have questions regarding your prep and/or diet instructions.

Day 1 (For Morning and Afternoon Appointments)

Breakfast

Black coffee with your choice of sugar/sweetener (no milk/cream or instant creamer)
Hot tea with choice of sugar/ honey/sweetener (may add lemon juice if desired, but no pulp)
Coke/Diet Coke
White grape juice
Chicken Broth

Morning Snack

Jell-O (Lime, lemon, orange, peach)
Ginger Ale/Diet Ginger Ale

Lunch

Beef consommé
Iced tea with choice of sugar/honey/sweetener (may add lemon juice if desired, but no pulp)
Apple juice

Afternoon Snack

Popsicle without fruit particles (lemon, orange, lime)
Sprite/Diet Sprite

Dinner

Beef/Chicken Broth
Lemonade/Diet Lemonade
Jell-O (Lime, lemon, orange, peach)

Evening Snack

Lemon Italian Ice
Ginger ale/Diet Ginger ale (may mix with Italian Ice to make a Sparkling Slushy)

Day 2 (For Afternoon Appointments Only)

Breakfast

Tea/Black coffee with your choice of sugar/sweetener (no milk/cream or instant creamer)

Coke/Diet Coke

Apple juice

Chicken broth

Substitution Options

Clear fruit-flavored protein drinks (such as Isopure) that are not red/purple

Gatorade (no red/purple)

Crystal Light (no red/purple flavors)

Flavored/sparkling waters

Clear sodas (diet/regular)

May use Strained Chicken Noodle Soup or French Onion Soup (discard chicken, noodles and/or onions)