

# Clear Fluids for Colonoscopy Test

The following is a list of clear fluid carbohydrate choices that are suitable to take before the colonoscopy test.

Replace **each** of your usual carbohydrate foods (starch, milk, fruit) with one clear fluid carbohydrate choice at each meal, and at your usual snack times.

For example, if you choose 2 slices bread, 1 cup milk and 1 apple for a meal (total is 4 carb choices), you would need to replace it with 4 fluid carbohydrate choices. **Avoid anything that is red in colour.**

If you are still hungry, use some of the free fluids as well (clear broth and tea). There is no replacement for the meat, fat and free vegetables.

Discuss your diabetes pills or insulin dose with your physician, as they may also need to be adjusted for this test.

Monitor your blood sugar more often. If the blood sugar is going low, take more clear fluid carbohydrate. If they are going high, take more free fluid choices.

## Clear Fluid Carbohydrate Choices

(Each Carb Choice equals 15g carbohydrate)

|   |                |
|---|----------------|
| Regular soft drink                      | 2/3 cup        |
| Apple juice                             | 2/3 cup        |
| White Grape juice                       | 1/3 cup        |
| Tang Drink Crystals – <b>no red</b>     | 2/3 cup        |
| Sugar sweetened Kool Aid- <b>no red</b> | 2/3 cup        |
| Regular Jello – <b>no red</b>           | ½ cup          |
| Popsicle                                | One whole twin |
| Honey                                   | 1 Tablespoon   |
| Gatorade                                | 1 cup          |
| Lifesavers - <b>no red</b>              | 6              |

## Free Clear Fluid Choices

|  |            |
|--|------------|
| Clear tea                              | As desired |
| Black coffee                           | As desired |
| Crystal Light - <b>no red</b>          | As desired |
| Diet soft drink                        | As desired |
| Light Jello (sugar-free) <b>no red</b> | As desired |
| Clear Broth, Bouillon                  | As desired |

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