



FGA

Frederick Gastroenterology Associates

FULL LIQUID DIET

This diet is to be used in conjunction with a two-day preparation for colonoscopy or other procedures or as directed by your provider. This diet is inadequate in all essential nutrients, but does provide more substance than the clear liquid diet used for the day before procedures. It is not recommended for regular use but for temporary use during preparations.

FOLLOW THIS DIET TWO DAYS BEFORE YOUR PROCEDURE

FOODS ALLOWED

Milk and Milk products

Milk (including buttermilk, soy milk, rice milk, almond milk, and cow's milk)
Milkshakes, pasteurized eggnog, smooth ice cream,
frozen yogurt, custard, yogurt without fruit pieces and pudding

Juices

All fruit juices, nectar juices, orange juices with
pulp and vegetable juices, including V8 and tomato juice

Other Beverages

Coffee, Tea, flavored water,
sodas, carbonated flavored water

Grains

Cooked, refined cereals limited
to Cream of Wheat, Farina, and Cream of Rice

Fats and Oils

Butter, margarine, cream and oils

Sweets and Desserts

Sherbet, sugar, sugar substitutes, hard candy, plain gelatin (Jello),
fruit ices without added fruit pieces,
popsicles, honey and syrups

Soups

All flavors of broth and bouillon,
smooth tomato soup (no chunks of tomatoes) and strained creamed soups

NOT ALLOWED

No Meats, breads or other solid foods