

# Colonoscopy Diet Guidelines

## Three days prior to your procedure, please eat **low fiber** foods:

Do not eat any nuts or seeds (including those in pickles, tomatoes, fruit, etc.). Do not eat high-grain/high-fiber bread, rolls, pasta, crackers or cereal with nuts or seeds. This includes granola, raisin bran and oatmeal.

*If you have any medical contraindications to anything on the **recommended foods column**, please avoid them entirely or consult your doctor.*

<b>Recommended foods</b>	<b>Foods to avoid</b>
White breads, pasta, rice, peeled potatoes	Breads with nuts, seeds or whole wheat, potatoes with skin, brown or wild rice
Tender cooked or canned veggies without seeds, including carrots, green or wax beans, pumpkin, spinach, lima beans	Raw or steamed veggies, veggies with seeds, cabbage, brussel sprouts, cauliflower, beans, peas, corn, broccoli
Strained fruit juice, canned fruit (except pineapple)	Prunes or prune juice, raw/dried fruit, all berries, figs, dates, raisins
Milk, yogurt, cheese	Yogurt with seeds or nuts
Ground beef, other well-cooked meats and fish	Tough, fibrous or rare meat
Plain cakes and cookies, creamy peanut butter	Nuts, seeds, coconut, popcorn, jams, marmalades, preserves, crunchy peanut butter

## **Clear liquid diet**

### Follow prep sheet instructions for timing:

When you start your clear liquid diet, please be sure you can **see through** anything you consume.

**Absolutely no red or purple liquid.** Orange, yellow, green and pale blue are acceptable.

### These foods are allowed:

- Gatorade (appropriate colors)
- Clear broth: beef, chicken, veggie
- Juice drinks (appropriate colors, no pulp)
- Kool-aid (appropriate colors)
- Lemonade (no pulp)
- Sprite/ 7-Up/ Sierra Mist/ Ginger ale
- Weak tea or coffee (no cream)
- Gelatin (no fruit, appropriate colors)
- Fruit-flavor popsicles (appropriate colors)

### These foods are not allowed:

- Milk and dairy products
- Cream or ice cream
- Tomato juice
- Soups (except for clear broth)
- Oatmeal/Cream of Wheat
- Corn, rice or noodles
- Any other solid food