

## Low Fiber Diet – 3 days and 2 days before procedure

### **Foods you can eat**

- White bread, Rolls, Crackers, Pastas, Potatoes without skins, white rice
- Ready-to-eat cereals (corn flakes, rice crispies, cheerios, etc; nothing with nuts or seeds).
- All strained fruit juices except prune juice
- Canned or cooked fruits and vegetables without seeds or tough skin (no prunes), bananas
- Meat / Poultry / Fish / Eggs / Tofu
- Creamy peanut butter
- Butter / margarine
- Milk and milk products / Cottage cheese / Cheeses / Yogurt - limit to 2 cups a day
- Vegetable juices
- Coffee, Tea, Broth

Include 6 to 8 cups of fluids, such as water, per day.

### **Foods you Cannot Eat on your low fiber day:**

- NO Whole wheat bread, Whole wheat cereals, Brown rice, Popcorn
- NO Baked goods with seeds, nuts, oatmeal, or coconut
- NO NUTS OR SEEDS OF ANY KIND (sesame, poppy, walnut, peanuts, etc)
- NO Flaxseeds
- NO Olives
- NO Prunes
- NO Meat or Shellfish with tough connective tissue, such as Beef flank steak or shrimp
- NO SALADS, MUSHROOMS, TOMATOES, CORN, CUCUMBERS, SWEET POTATOES
- NOTHING THAT HAS A SEED, SKIN, OR LEAF ATTACHED TO IT.

## Clear Liquid Diet Choices – One day before procedure

### **Allowed and Recommended Clear Liquids**

- Beverages: Water, coffee, or tea (no milk or non-dairy creamer)  
Strained fruit juices /no pulp (apple, white grape, lemonade)  
Soft drinks/Sports drinks (ginger ale, cola, Sprite, 7-Up, Gatorade)
- Soups: Chicken or Beef bouillon/broth (low sodium, fat free)  
Strained canned soups
- Desserts: Jell-O (lemon, lime, orange, NO fruit, NO toppings)  
Popsicles (NO sherbets, NO fruit bars)

- Do not drink anything with red or purple coloring. Red/purple food coloring can leave a residue in the bowel that resembles blood. Keep this in mind when purchasing Jell-O, Popsicles, hard candy, drinks, etc.
- Limit the amount of caffeine that you take in (coffee, tea, sodas). Caffeine causes bowel spasms and may interfere with the colonoscopy.
- Try to use sugar free products OR at least don't add sugar to your coffee, tea, cereal, etc. Bacteria in the bowel act on sugars and cause gas to form.

No solid foods allowed, including milk/milk products.