

## LOW FIBER DIET

A low fiber diet includes foods that are easy to digest and do not leave residue in your colon while you are preparing for your colonoscopy.

Low Fiber Foods Include:

- Enriched white bread (NO whole wheat, oat or multigrain)
- White rice or plain enriched pasta or noodles
- Cereals with NO MORE THAN 1 GM of dietary fiber per serving
- Canned fruits without skins, seeds or membranes (examples: canned peaches, pears, fruit cocktail)
- Canned soups without corn or peas (examples, tomato or chicken noodle soups)
- Eggs
- Well cooked turkey, chicken or fish
- Juices without pulp
- Condiments (plain yellow non-grainy mustard, mayonnaise, ketchup)
- Well-cooked white potatoes cooked without the skin
- Small amounts margarine, butter or oil for cooking

### DO NOT USE:

- **Whole wheat, whole grain, oats or multigrain bread and other products containing these**
  - **Brown or wild rice**
  - **Raw or Dried fruits and vegetables**
  - **Dried beans, baked beans, peas or corn of any kind**
  - **Flax or any food products containing flax, nuts or seeds**
  - **Popcorn or any snack food containing corn, nuts or seeds**
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## CLEAR LIQUID DIET

A clear liquid diet includes only liquids without pulp and particles and that when held up to light you can see through it. All red colored liquids must be avoided as they may hide polyps and/or alter the natural color of the colon mucosa.

Clear liquid choices are:

- Water
- Juice that you can see through (examples: apple, cranberry, white grape juice)
- NO JUICES CONTAINING PULP (examples: orange, grapefruit, tomato, apricot, etc.)
- Jell-O® (gelatin) any flavor **except** red coloring
- Popsicles, Italian ice, or ice pops without fruit (no sherbet or ice cream)
- Fat free chicken or beef broth or bouillon
- Soda
- Sports drinks – **any flavor except red drinks**
- Powdered clear “juice” mixes such as Kool-Aid® or Crystal Light® – **any flavor except red flavors/dyes**
- Coffee or tea with sugar or artificial sweetener but **NO dairy** (milk, cream or non-dairy creamers)

### DO NOT USE:

- **Dairy products (milk, cream, non-dairy creamers, half and half, ice cream, soy milk, etc.,)**
- **Juices with pulp (orange, grapefruit, pineapple, tomato, apricot, etc.)**
- **Soups such as chicken noodle soups or other soups that contain vegetables, noodles, pasta or tomato. Broths must be clear and “see-through” without particles.**