

LOW FIBER DIET – 2 days before procedure

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 – Day before procedure

A clear liquid diet includes only liquids without pulp and particles and, 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, white grape)
- Jell-O® (gelatin) any flavor **except** any with red coloring/dye
- 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 or other soups that contain vegetables, noodles, pasta or tomato. Broths must be clear and “see-through” without particles.**