

## Five Days Before:

Beginning five days before your colonoscopy, you should avoid:

- Beans
- Fruits with seeds, that have a peel or are dried
- High-fiber breads and cereals
- Meats that are tough or are not lean
- Raw vegetables, corn, kale, spinach and tomato skins
- Seeds and nuts (including popcorn)
- Supplements (herbal and fiber) & vitamins

## Two Days Before:

Eat a very light dinner. We recommend plain pasta or eggs and toast.

## One Day Before:

Begin the clear liquid diet in the morning, continuing it for the entire day.

Consult the drinks listed in the shopping list section for acceptable prep liquids.

*Remember, don't consume anything that is red, blue or purple in color.*

## 6PM the Night Before:

Begin taking your prescribed prep solution. Please refer to the instructions and tips provided by your physician.

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*If you have questions on the prep or your upcoming colonoscopy, please call our office at 630-717-2600.*