

LOW FIBER DIET – START 5 DAYS PRIOR TO COLONOSCOPY

Eating a low fiber diet before colonoscopy is important to help reduce the amount of stool in your colon.
This will help ensure the bowel will clean well when you drink prep night before.

YOU CAN HAVE THESE FOODS

Meat/Protein

Beef, chicken, tuna, pork, fish, turkey or lamb
Tofu
SMOOTH peanut butter, (NOT CRUNCHY)
Eggs

Dairy

Milk (includes cow, almond, or soy)
Chocolate
Butter or Sour cream
Yogurt (without fruit pieces or berries)
Cheese (includes cottage cheese)
Ice cream
Pudding

Breads/Grains: (NO WHEAT)

Ritz, saltine, or graham crackers
White sandwich bread
Potato bread or French bread
Croissant
White rice
White pasta
White dinner roll, bagel or english muffin
Chips (includes potato, tortilla or corn)
Cheerios (any kind except multi-grain)
Corn flakes
Rice Krispies
Special K

Fruits/Vegetables: (Remove any skin/peel, Avoid seeds)

Applesauce or Fresh Apple (peeled) no more than 1 per day
Banana
Canned peaches or pears
Cantaloupe, Honeydew, or Watermelon (avoid seeds)
Fresh peach, pear, or apricot (peeled)
Fruit Juice (any kind, pulp free)
Tomato sauce or diced tomatoes (avoid seeds if able)
Tender asparagus
White Potato or Sweet Potato (no skin)

DO NOT EAT ANY OF THE FOLLOWING FOODS FOR 5 DAYS PRIOR TO COLONOSCOPY

NO NUTS (any kind)

NO SEEDS (any type, alone or in fruit/vegetable or dish)

NO BEANS, PEAS OR LENTILS

NO CORN OR POPCORN

Breads/Grains (DON'T HAVE)

NO WHEAT bread or crackers
(includes Triscuits, wheat thins, etc.)
No Rye or Pumpnickel
Raisin Bran
Oatmeal
Granola
Brown or Wild Rice
Shredded Wheat

Fruits/Vegetables: (DON'T HAVE)

Any type of berries (includes cherries and grapes)
Pineapple or Mango
Citrus (fresh grapefruit or orange)
Dried fruit of any kind (includes raisins and prunes)
Celery, Bell Peppers, Cucumbers, Green Beans, Carrots
Avocado or Mushrooms
Broccoli, cauliflower, turnips
No lettuce or salads, includes cabbage or spinach
Beets
Squash