

### **LOW FIBER DIET – START 3 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 3 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