

## Pre- Colonoscopy Diet Plan – Low Fiber

- **3 days before your procedure** Follow Low Fiber Diet Instruction chart below
- **2 days before your procedure** continue the Low Fiber Diet as the previous day until midnight
- **1 day prior to your procedure follow the specific diet on page 2**

<b>RECOMMENDED FOODS</b>	<b>FOODS TO AVOID</b>
<p style="text-align: center; color: green;"><b><u>Bread, Cereal, Rice and Pasta:</u></b></p> <ul style="list-style-type: none"> <li>• White bread, rolls, biscuits, croissants, melba toast</li> <li>• Waffles, French Toast, and pancakes</li> <li>• White rice, noodles, pasta, macaroni, and peeled cooked potatoes</li> <li>• Cooked cereals: Grits, Cream of Wheat or Rice</li> <li>• Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes, and Special K</li> </ul>	<p style="text-align: center; color: red;"><b><u>Breads, Cereal, Rice and Pasta:</u></b></p> <ul style="list-style-type: none"> <li>• Breads or rolls with nuts, seeds, or fruit</li> <li>• Whole wheat, pumpernickel, rye breads and cornbread</li> <li>• Potatoes with skin, brown or wild rice, and kasha (buckwheat)</li> </ul>
<p style="text-align: center; color: green;"><b><u>Vegetables:</u></b></p> <ul style="list-style-type: none"> <li>• Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans</li> </ul>	<p style="text-align: center; color: red;"><b><u>Vegetables:</u></b></p> <ul style="list-style-type: none"> <li>• Raw or steamed vegetables - Winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, peas and corn, Sauerkraut</li> <li>• Vegetables with seeds</li> </ul>
<p style="text-align: center; color: green;"><b><u>Fruits:</u></b></p> <ul style="list-style-type: none"> <li>• Strained fruit juice</li> <li>• Canned fruit, except pineapple</li> <li>• Ripe bananas, Melons</li> </ul>	<p style="text-align: center; color: red;"><b><u>Fruits:</u></b></p> <ul style="list-style-type: none"> <li>• Prunes and prune juice</li> <li>• Raw or dried fruit</li> <li>• All berries, figs, dates and raisins</li> </ul>
<p style="text-align: center; color: green;"><b><u>Mild/Dairy:</u></b></p> <ul style="list-style-type: none"> <li>• Milk, plain or flavored</li> <li>• Yogurt, custard, and ice cream</li> <li>• Cheese and cottage cheese</li> </ul>	<p style="text-align: center; color: red;"><b><u>Milk/Dairy:</u></b></p> <ul style="list-style-type: none"> <li>• Yogurt with nuts or seeds</li> </ul>
<p style="text-align: center; color: green;"><b><u>Meats and other proteins:</u></b></p> <ul style="list-style-type: none"> <li>• Ground, well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats</li> <li>• Eggs</li> <li>• Peanut butter without nuts</li> </ul>	<p style="text-align: center; color: red;"><b><u>Meats and other proteins:</u></b></p> <ul style="list-style-type: none"> <li>• Tough, fibrous meats with gristle</li> <li>• Dry beans, peas, and lentils</li> <li>• Peanut butter with nuts</li> <li>• Tofu</li> </ul>

<p><b><u>Fats, Snack, Sweets, Condiments, and Beverages:</u></b></p> <ul style="list-style-type: none"> <li>• Margarine, butter, oils, mayonnaise, sour cream, salad dressing, ketchup or mustard</li> <li>• Plain gravies</li> <li>• Sugar, clear jelly, honey, and syrup</li> <li>• Spices, cooked herbs, bouillon, broth, and soups made with allowed vegetables</li> <li>• Coffee, tea, and carbonated drinks</li> <li>• Plain cakes and cookies</li> <li>• Gelatin, plain puddings, custard, ice cream, sherbet, Popsicles</li> <li>• Hard candy or pretzels</li> </ul>	<p><b><u>Fats, Snack, Sweets, Condiments, and Beverages:</u></b></p> <ul style="list-style-type: none"> <li>• Nuts, seeds, and coconut</li> <li>• Jam, marmalade, and preserves</li> <li>• Pickles, olives, relish, and horseradish</li> <li>• All desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran</li> <li>• Candy made with nuts or seeds</li> <li>• Popcorn</li> </ul>
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- **The day before your procedure **PRIOR** to starting your prep:**

\*\*\* Eat exactly what is permitted: do not take liberties \*\*\*

Choose one of the following options for each meal	Easy to Prepare	Healthy	Restaurant
<b>Breakfast</b>	2 eggs(fried, over easy, scrambled or boiled with or without condiments 2 white bread slices <u>or</u> 1 plain bagel with butter, jelly or cream cheese	2/3 cup yogurt( no seeds, berries or nuts 1 banana	1 Egg McMuffin with Canadian Bacon taken off 1 plain bagel with cream cheese, jelly or butter
<b>Lunch</b>	1 plain chicken or turkey sandwich on white bread with condiments only: no lettuce or tomato  OR 1 cup Macaroni and Cheese OR 1baked potato (no skin) with butter or sour cream	1 chicken breast – pan fried or baked 1 cup cottage cheese	1 plain chicken sandwich with condiments only: no lettuce or tomato  OR 5 chicken tenders or 10 chicken nuggets with condiments
<b>Snack</b>  <b>Before 2:00pm</b>	1 handful pretzels	1 banana OR ½ cup cottage cheese	1 handful pretzels

**\*\* Please do not eat anything after starting the bowel prep. \*\***

**You may have clear liquids for the remainder of the time up until 3 hours prior to your procedure.**

Clear liquids you may have include: water, coffee, tea, clear broth or bouillon, Gatorade, PowerAde, carbonated and non-carbonated soft drinks, Kool-Aid or other flavored drinks, clear fruit juices such as apple or white grape juice, Jell-O, or popsicles. **NO RED OR PURPLE COLORS - NO MILK PRODUCTS - NO ALCOHOL MAKE SURE YOU DRINK LOTS OF CLEAR LIQUIDS!!**

**FOLLOW YOUR PREP INSTRUCTIONS COMPLETELY**