


## Low-Fiber Diet for Colonoscopy Preparation

Three days before your colonoscopy, eat only low-fiber foods listed below.  
Two days before, continue eating only low-fiber foods.

See the clear liquid chart for the day before, and day of, your colonoscopy.

TYPE OF FOOD OR DRINK	YES — OK to EAT THESE FOODS	NO — AVOID THESE FOODS
<p><b>Milk and dairy</b></p> 	<p><b>OK to eat:</b></p> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Cream</li> <li>• Hot chocolate</li> <li>• Buttermilk</li> <li>• Cheese, including cottage cheese</li> <li>• Yogurt</li> <li>• Sour cream</li> </ul>	<p><b>NO yogurt mixed with:</b></p> <ul style="list-style-type: none"> <li>• nuts, seeds, granola</li> <li>• fruit with skin or seeds (such as berries)</li> </ul>
<p><b>Bread and grains</b></p> 	<p><b>OK to eat:</b></p> <ul style="list-style-type: none"> <li>• Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta)</li> <li>• White rice</li> <li>• Plain crackers, such as Saltines</li> <li>• Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)</li> </ul>	<p><b>NO whole grains or high-fiber:</b></p> <ul style="list-style-type: none"> <li>• Brown or wild rice</li> <li>• Whole grain bread, rolls, pasta, or crackers</li> <li>• Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal)</li> <li>• Bread or cereal with nuts or seeds</li> </ul>
<p><b>Meat</b></p> 	<p><b>OK to eat:</b></p> <ul style="list-style-type: none"> <li>• Chicken</li> <li>• Turkey</li> <li>• Lamb</li> <li>• Lean pork</li> <li>• Veal</li> <li>• Fish and seafood</li> <li>• Eggs</li> <li>• Tofu</li> </ul>	<p><b>NO tough meat with gristle</b></p>

PREPARING  
FOR YOUR  
COLONOSCOPY



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TYPE OF FOOD OR DRINK

YES — OK to EAT THESE FOODS

NO — AVOID THESE FOODS

**Legumes**



**None allowed**

**NO:**

- Dried peas (including split or black-eyed)
- Dried beans (including kidney, pinto, garbanzo/chickpea)
- Lentils
- Any other legume

**Fruits**



**OK to eat:**

- Fruit juice without pulp
- Applesauce
- Ripe cantaloupe and honeydew
- Ripe, peeled apricots and peaches
- Canned or cooked fruit without seeds or skin

**NO seeds, skin, membranes; or dried fruit:**

- Raw fruit with seeds, skin, or membranes (includes berries, pine apple, apples, oranges, watermelon)
- Any cooked or canned fruit with seeds or skin
- Raisins or other dried fruit

**Vegetables**



**OK for some if cooked or canned:**

- Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips)
- Potatoes without skin
- Cucumbers without seeds or peel

**NO raw, skin, seeds, peel; or certain other vegetables:**

- Corn
- Potatoes with skin
- Tomatoes
- Cucumbers with seeds and peel
- Cooked cabbage or Brussels sprouts
- Green peas
- Summer and winter squash
- Lima beans
- Onions

# PREPARING FOR YOUR COLONOSCOPY

## TYPE OF FOOD OR DRINK

## YES — OK to EAT THESE FOODS

## NO — AVOID THESE FOODS

### Nuts, nut butter, seeds



#### OK to eat:

- Creamy (smooth) peanut or almond butter

#### NO nuts or seeds:

- Nuts including peanuts, almonds, walnuts
- Chunky nut butter
- Seeds such as fennel, sesame, pumpkin, sunflower

### Fats and oils



#### OK to eat:

- Butter
- Margarine
- Vegetable and other oils
- Mayonnaise
- Salad dressings made without seeds or nuts

#### NO salad dressing made with seeds or nuts

### Soups



#### OK to eat:

- Broth, bouillon, consomme, and strained soups
- Milk or cream-based soup, strained

#### No:

- Unstrained soups
- Chili
- Lentil soup
- Dried bean soup
- Corn soup
- Pea soup

# PREPARING FOR YOUR COLONOSCOPY



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## TYPE OF FOOD OR DRINK

## YES — OK to EAT THESE FOODS

## NO — AVOID THESE FOODS

### Desserts



#### OK to eat:

- Custard
- Plain pudding
- Ice cream
- Sherbet or sorbet
- Jell-O or gelatin without added fruit or red or purple dye
- Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts

#### NO:

- Coconut
- Anything with seeds or nuts
- Anything with added red or purple dye
- Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts

### Drinks or beverages



#### OK to eat:

- Coffee
- Tea
- Hot chocolate or cocoa
- Clear fruit drinks (no pulp)
- Soda and other carbonated beverages
- Ensure, Boost, or Enlive without added fiber

#### NO:

- Fruit or vegetable juice with pulp
- Beverages with red or purple dye

### Other



#### OK to eat:

- Sugar
- Salt
- Jelly
- Honey
- Syrup
- Lemon juice

#### NO:

- Coconut
- Popcorn
- Jam
- Marmalade
- Relishes
- Pickles
- Olives
- Stone-ground mustard