

Low-Fiber Diet (Four (4) Days Prior to your Procedure)

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

TYPE OF FOOD OR DRINK	YES-OK to EAT THESE FOODS	NO-AVOID THESE FOODS
<p>Milk and Dairy</p> 	<p>OK to eat:</p> <ul style="list-style-type: none"> *Milk *Cream *Hot Chocolate *Buttermilk *Cheese including cottage cheese *Yogurt *Sour Cream 	<p>NO yogurt mixed with:</p> <ul style="list-style-type: none"> *Nuts, seeds, granola *Fruit with skin or seeds (such as berries)
<p>Breads and Grains</p> 	<p>OK to eat:</p> <ul style="list-style-type: none"> *Breads and grains made with refined white flour(including rolls, muffins, bagels, pasta) *White rice *Plain crackers *Low-fiber cereal(including puffed rice, cream of wheat, corn flakes) 	<p>NO whole grains or high-fiber:</p> <ul style="list-style-type: none"> *Brown or wild rice *Whole grain bread, rolls, pasta, or crackers *Whole grain or high-fiber cereal(including raisin bran, oatmeal) *Bread or cereal with nuts or seeds
<p>Meat</p> 	<p>OK to eat:</p> <ul style="list-style-type: none"> *Chicken *Turkey *Lamb *Lean pork *Veal *Fish and seafood *Eggs *Tofu 	<p>NO Meat with gristle</p>
<p>Legumes</p> 	<p>OK to eat:</p> <ul style="list-style-type: none"> *Not Allowed 	<p>NO</p> <ul style="list-style-type: none"> *Dried peas (including split or black-eyed) *Dried beans (including kidney, pinto, garbanzo/chickpea) *Lentils *Any other legume

Fruits and Vegetables



OK to eat:

- *Fruit juice *without* pulp
- *Applesauce
- *Ripe cantaloupe & honeydew
- *Ripe, peeled apricots and peaches
- *Canned or cooked fruit *without* seeds or skin
- *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 fruit with seeds, skin, or membranes (includes berries, pineapple, apples, oranges, watermelon)
- *Raisins or other dried fruit
- *Any cooked or canned fruit with seeds or skin
- *Cooked cabbage or Brussels sprouts
- *Potatoes with skin
- *Tomatoes
- *Cucumbers with seeds and peel
- *Green peas
- *Corn

Other



OK to eat:

- *Creamy (smooth) peanut or almond butter
- *Butter
- *Margarine
- *Vegetable and other oils
- *Mayonnaise
- *Salad dressings made without seeds or nuts
- *Broth, bouillon, consomme, and strained soups
- *Milk or cream-based soup, strained
- *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

- *Nuts including peanuts, almonds, walnuts
- *Seeds such as fennel, sesame, pumpkin, sunflower
- *Anything with seeds or nuts
- *Unstrained soups
- *Chili
- *Lentil soup
- *Dried bean soup
- *Corn soup
- *Pea soup
- *Coconut
- *Anything with added red or purple dye
- *Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts