












## Low-Fiber Diet for Colonoscopy Preparation

**Three days before your colonoscopy:** eat only low-fiber foods as listed below.

**Two days before:** continue eating only low-fiber foods.

**Day before test:** eat a low fiber breakfast **before 10 am** and switch to a **Clear Liquid Diet Only**

Food Category	✓ YES – OKAY TO EAT	✗ NO – AVOID THESE FOODS
<b>Milk and Dairy</b> 	<ul style="list-style-type: none"> <li>• Milk and Cream</li> <li>• Hot Chocolate</li> <li>• Buttermilk</li> <li>• Cheese, including cottage cheese</li> <li>• Yogurt and Sour cream</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt containing nuts, seeds, granola or fruit with seeds (such as any berries)</li> </ul>
<b>Bread and Grains</b> 	<ul style="list-style-type: none"> <li>• Breads and grains made with refined white flour (including rolls, muffins, bagels and pasta)</li> <li>• White rice</li> <li>• Plain crackers</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>• bread with nuts or seeds.</li> <li>• Whole grain or high-fiber cereal, including granola, raisin bran or oatmeal</li> <li>• Quinoa, chia seeds, hemp, flax</li> </ul>
<b>Meat and Poultry</b> 	<ul style="list-style-type: none"> <li>• Chicken, Turkey, Lamb, Lean Pork, Veal, Fish and Seafood,</li> <li>• Eggs and Tofu</li> </ul>	<ul style="list-style-type: none"> <li>• NO tough meat with gristle</li> </ul>
<b>Legumes</b> 	<ul style="list-style-type: none"> <li>• NONE ALLOWED</li> </ul>	<ul style="list-style-type: none"> <li>• NO: dried peas (including split or black-eyed, dried beans)</li> <li>• No kidney, pinto, garbanzo/chickpea, lentils, or any other legume</li> </ul>
<b>Nuts, Nut Butter, Seeds</b> 	<ul style="list-style-type: none"> <li>• Creamy (smooth only) peanut or almond butter</li> </ul>	<ul style="list-style-type: none"> <li>• NO nuts: Peanuts, almonds, walnuts, chunky nut butter, etc.</li> <li>• No seeds such as sesame, pumpkin, sunflower, flax, etc.</li> <li>• No hummus</li> </ul>
<b>Fruits</b> 	<ul style="list-style-type: none"> <li>• Fruit juice without pulp</li> <li>• Applesauce</li> <li>• cantaloupe and honeydew</li> <li>• peeled apricots and peaches</li> <li>• bananas</li> <li>• Canned or cooked fruit without seeds or skin</li> </ul>	<ul style="list-style-type: none"> <li>• NO seeds, skin, membranes; or dried fruit:</li> <li>• No berries of any kind, pineapple, apples, oranges, grapefruit</li> <li>• Any cooked or canned fruit with seeds or skin</li> <li>• Raisins or other dried fruit</li> </ul>

Food Category	✓ YES – OKAY TO EAT	✗ NO – AVOID THESE FOODS
<p>Vegetables</p> 	<ul style="list-style-type: none"> <li>• Cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips, etc.)</li> <li>• Potatoes without skin</li> <li>• Cucumbers without seeds or peel</li> </ul>	<ul style="list-style-type: none"> <li>• NO raw vegetables or cooked vegetables with skin/peel or seeds</li> <li>• Corn, tomatoes, cucumbers with seeds and peel, cabbage, brussel sprouts, squash, lima beans</li> <li>• Salads or any raw vegetables.</li> </ul>
<p>Fats and Oils</p> 	<ul style="list-style-type: none"> <li>• Butter, Margarine, Vegetable and other oils</li> <li>• Mayonnaise, Salad dressings made without seeds or nuts</li> </ul>	<ul style="list-style-type: none"> <li>• NO salad dressings containing seeds or nuts</li> </ul>
<p>Soups</p> 	<ul style="list-style-type: none"> <li>• Broth, bouillon, consommé, and strained soups</li> <li>• Milk or cream-based soup strained</li> </ul>	<ul style="list-style-type: none"> <li>• Unstrained soups that contain restricted foods</li> <li>• Chili, lentil soup, dried bean soup, corn soup, pea soup</li> </ul>
<p>Desserts</p> 	<ul style="list-style-type: none"> <li>• Custard, plain pudding, ice cream, sherbet or sorbet</li> <li>• Jell-O or gelatin without added red or purple dye</li> </ul>	<ul style="list-style-type: none"> <li>• Coconut, anything with seeds or nuts</li> <li>• Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts</li> </ul>
<p>Drinks</p> 	<ul style="list-style-type: none"> <li>• Coffee, tea, hot chocolate or cocoa</li> <li>• Clear fruit drinks (no pulp), soda and other carbonated beverages</li> <li>• Ensure or Boost without added fiber</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit or vegetable juice with pulp</li> <li>• Beverages with red or purple dye</li> </ul>
<p>Other</p>	<ul style="list-style-type: none"> <li>• Sugar, salt, jelly, honey, syrup and lemon juice</li> </ul>	<ul style="list-style-type: none"> <li>• Coconut, popcorn, jam with seeds, marmalade, relishes, pickles, olives, stone-ground mustard</li> </ul>