



Gastroenterology & Hepatology  
Camarda Care Center, Suite C-210  
672 Stoneleigh Avenue  
Carmel, New York 10512  
(845) 279-2000

### **Low Residue Diet**

For **3 days prior** to your preparation we advise you to eat a **Low Residue Diet**.

#### ***This includes the following foods:***

- Refined breads, cereals, crackers, chips and pasta with less than 1 gram of fiber per serving (Note: Ideally, look for products with zero grams of dietary fiber per serving)
- White rice
- Vegetable juices without seeds or pulp
- Fruit juices with no pulp
- Milk, yogurt, pudding, ice cream, and cream-based soups and sauces (strained) – limit to no more than 2 cups a day
- Tender meat, poultry, fish and eggs
- Oil, margarine, butter and mayonnaise
- Smooth salad dressings
- Broth-based soups (strained)
- Jelly, honey and syrup

#### ***You should avoid the following foods:***

- Whole-grain breads, cereals and pasta
- Whole vegetables and vegetable sauces
- Whole fruits, including canned fruits
- Yogurt, pudding, ice cream or cream-based soups that contain nuts or pieces of fruits or vegetables
- Tough or course meats with gristle and luncheon meats or cheese with seeds
- Peanut butter
- Salad dressings with seeds or pieces of fruits or vegetables
- Seeds and nuts

- Coconut
- Marmalade

**One day before your colonoscopy**, you will be on a clear-liquid diet. The chart shows examples of drinks you can include, and what to avoid. Starting the day before your screening, don't eat any solid food until after your colonoscopy.

| CLEAR LIQUIDS AND LIMITED LIGHT-COLOR DRINKS ONLY                                  | YES — OK TO DRINK  | NO — AVOID THESE   |
|--|--|--|
|  | <ul style="list-style-type: none"> <li>• Water</li> <li>• Tea and black coffee without any milk, cream, or lightener</li> <li>• Flavored water without red or purple dye</li> <li>• Clear, light colored juices such as apple, white grape, lemonade without pulp, and white cranberry</li> <li>• Clear broth including chicken, beef, or vegetable</li> <li>• Soda</li> <li>• Sports drinks such as Gatorade and Propel (light colors only)</li> <li>• Popsicles without fruit or cream; no red or purple dye</li> <li>• Jello-O or other gelatin without fruit; no red or purple dye</li> <li>• Boost Breeze Tropical Juice drink</li> </ul> | <div data-bbox="1166 737 1409 974" style="text-align: center;"> </div> <ul style="list-style-type: none"> <li>• Alcoholic beverages</li> <li>• Milk</li> <li>• Smoothies</li> <li>• Milkshakes</li> <li>• Cream</li> <li>• Orange juice</li> <li>• Grapefruit juice</li> <li>• Tomato juice</li> <li>• Soup (other than clear broth)</li> <li>• Cooked cereal</li> <li>• Juice, Popsicles, or gelatins with red or purple dye</li> </ul> |