



Pre-Colonoscopy Diet Instructions

For **3 days prior to bowel preparation day**, you are advised to maintain 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 dressing with seeds or pieces of fruits or vegetables
- Seeds and nuts

On the day prior to your colonoscopy (bowel preparation day), you are advised to maintain a clear-liquid diet, and no solid foods. The laxative preparation that you have received indicates that dairy products would be acceptable, but the best recommendation is to maintain clear liquids only, in order to achieve an ideal preparation for performing the examination. The chart shows examples of drinks you can include, and what to avoid.

Clear liquids and limited light-color drinks only

Yes—Ok to drink

- Water
- Tea and black coffee without any milk, cream or lightener
- Flavored water without red or purple dye
- Clear, light colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth including chicken, beef or vegetable
- Soda
- Sports drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream; no red or purple dye
- Jello-O or other gelatin without fruit; no red or purple dye
- Boost Breeze Tropical Juice drink

No—Avoid these

- Alcoholic beverages
- Milk
- Smoothies
- Milkshakes
- Cream
- Orange juice
- Grapefruit juice
- Tomato juice
- Soup (other than clear broth)
- Cooked cereal
- Juice, Popsicles or gelatins with red or purple dye