

## WHAT TO EAT BEFORE YOUR COLONOSCOPY: LOW FIBRE DIET TO START 4 DAYS BEFORE PROCEDURE

	✓ <b>RECOMMENDED FOODS</b>	⊘ <b>FOODS TO AVOID</b>
<b>GRAINS</b>	<ul style="list-style-type: none"> <li>• White bread, rolls, biscuits, croissants, melba toast</li> <li>• Waffles, French toast, pancakes</li> <li>• White rice, noodles, pasta, macaroni, peeled and cooked potatoes</li> <li>• Cooked cereals: farina, cream of rice</li> <li>• Cold cereals: puffed rice, corn flakes and Special K</li> </ul>	<ul style="list-style-type: none"> <li>• Breads or rolls with nuts, seeds or fruit</li> <li>• Whole wheat, pumpernickel, rye and cornbread</li> <li>• Potatoes with skin, brown or wild rice, and buckwheat</li> </ul>
<b>VEGETABLES</b>	<ul style="list-style-type: none"> <li>• Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans</li> </ul>	<ul style="list-style-type: none"> <li>• Raw or steamed vegetables</li> <li>• Vegetables with seeds</li> <li>• Winter squash, peas, broccoli, Brussels sprouts, cabbage, onion, cauliflower, baked beans, peas and corn</li> </ul>
<b>FRUITS</b>	<ul style="list-style-type: none"> <li>• Strained fruit juice</li> <li>• Canned fruit, except pineapple</li> <li>• Ripe bananas</li> <li>• Melons</li> </ul>	<ul style="list-style-type: none"> <li>• Prunes and prune juice</li> <li>• Raw or dried fruit</li> <li>• All berries, figs, dates and raisins</li> </ul>
<b>DAIRY</b>	<ul style="list-style-type: none"> <li>• Milk, plain or flavoured</li> <li>• Yogurt, custard, ice cream</li> <li>• Cheese and cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt with nuts or seeds</li> </ul>
<b>MEATS &amp; OTHER PROTEINS</b>	<ul style="list-style-type: none"> <li>• Ground, well-cooked tender beef, lamb, ham, veal, pork, fish, poultry and organ meats</li> <li>• Eggs</li> <li>• Peanut butter without nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Tough, fibrous meats with gristle</li> <li>• Dry beans, peas and lentils</li> <li>• Peanut butter with nuts</li> <li>• Tofu</li> </ul>
<b>SNACKS, CONDIMENTS &amp; DRINKS</b>	<ul style="list-style-type: none"> <li>• Margarine, butter, oils, mayonnaise, sour cream and salad dressing</li> <li>• Plain gravies</li> <li>• Sugar, clear jellies, honey and syrup</li> <li>• Spices, cooked herbs, bouillon, broth and soups made with allowed vegetables</li> <li>• Coffee, tea and carbonated drinks</li> <li>• Plain cakes and cookies</li> <li>• Gelatin, plain puddings, custard, ice cream, sherbet, popsicles</li> <li>• Hard candy or pretzels</li> <li>• Ketchup, mustard</li> </ul>	<ul style="list-style-type: none"> <li>• Nuts, seeds, coconut</li> <li>• Jam, marmalade and preserves</li> <li>• Pickles, olives, relish and horseradish</li> <li>• Sauerkraut</li> <li>• All desserts containing nuts, seeds, dried fruit, coconut or anything made from whole grains or bran</li> <li>• Candy made with nuts or seeds</li> <li>• Popcorn</li> </ul>

## **CLEAR LIQUID DIET FOR COLONOSCOPY**

For the entire day before your colonoscopy you must have clear liquids only, which may include the following:

- Soft drinks (ginger ale, Sprite, 7-Up, etc), Gatorade, Kool-aid and Propel
- Strained fruit juices without pulp (apple, white grape, etc)
- Water, tea, coffee (no milk or non-dairy creamer)
- Low-sodium chicken, vegetable or beef bouillon or broth
- Jell-o (lemon, lime or orange), no fruit toppings
- Popsicles (no sherbets/sorbets or fruit bars), Italian ice

**⊘ DO NOT DRINK OR EAT ANYTHING COLORED RED, PURPLE OR BLUE.**