

Pre- Colonoscopy Diet Plan

- **3 days before your procedure** Follow Low Fiber Diet Instruction chart below
- **2 days before your procedure** continue the Low Fiber Diet as the previous day until midnight
- **1 day prior to your procedure follow the specific diet on page 2**

RECOMMENDED FOODS	FOODS TO AVOID
<p style="text-align: center; color: #00b050;"><u>Bread, Cereal, Rice and Pasta:</u></p> <ul style="list-style-type: none"> • White bread, rolls, biscuits, croissants, melba toast • Waffles, French Toast, and pancakes • White rice, noodles, pasta, macaroni, and peeled cooked potatoes • Cooked cereals: Grits, Cream of Wheat or Rice • Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes, and Special K 	<p style="text-align: center; color: #ff0000;"><u>Breads, Cereal, Rice and Pasta:</u></p> <ul style="list-style-type: none"> • Breads or rolls with nuts, seeds, or fruit • Whole wheat, pumpernickel, rye breads and cornbread • Potatoes with skin, brown or wild rice, and kasha (buckwheat)
<p style="text-align: center; color: #00b050;"><u>Vegetables:</u></p> <ul style="list-style-type: none"> • Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans 	<p style="text-align: center; color: #ff0000;"><u>Vegetables:</u></p> <ul style="list-style-type: none"> • Raw or steamed vegetables - Winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, peas and corn, Sauerkraut • Vegetables with seeds
<p style="text-align: center; color: #00b050;"><u>Fruits:</u></p> <ul style="list-style-type: none"> • Strained fruit juice • Canned fruit, except pineapple • Ripe bananas, Melons 	<p style="text-align: center; color: #ff0000;"><u>Fruits:</u></p> <ul style="list-style-type: none"> • Prunes and prune juice • Raw or dried fruit • All berries, figs, dates and raisins
<p style="text-align: center; color: #00b050;"><u>Mild/Dairy:</u></p> <ul style="list-style-type: none"> • Milk, plain or flavored • Yogurt, custard, and ice cream • Cheese and cottage cheese 	<p style="text-align: center; color: #ff0000;"><u>Milk/Dairy:</u></p> <ul style="list-style-type: none"> • Yogurt with nuts or seeds
<p style="text-align: center; color: #00b050;"><u>Meats and other proteins:</u></p> <ul style="list-style-type: none"> • Ground, well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats • Eggs • Peanut butter without nuts 	<p style="text-align: center; color: #ff0000;"><u>Meats and other proteins:</u></p> <ul style="list-style-type: none"> • Tough, fibrous meats with gristle • Dry beans, peas, and lentils • Peanut butter with nuts • Tofu

<p><u>Fats, Snack, Sweets, Condiments, and Beverages:</u></p> <ul style="list-style-type: none"> • Margarine, butter, oils, mayonnaise, sour cream, salad dressing, ketchup or mustard • Plain gravies • Sugar, clear jelly, honey, and syrup • Spices, cooked herbs, bouillon, broth, and soups made with allowed vegetables • Coffee, tea, and carbonated drinks • Plain cakes and cookies • Gelatin, plain puddings, custard, ice cream, sherbet, Popsicles • Hard candy or pretzels 	<p><u>Fats, Snack, Sweets, Condiments, and Beverages:</u></p> <ul style="list-style-type: none"> • Nuts, seeds, and coconut • Jam, marmalade, and preserves • Pickles, olives, relish, and horseradish • All desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran • Candy made with nuts or seeds • Popcorn
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- **The day before your procedure **PRIOR** to starting your prep:**

*** Eat exactly what is permitted: do not take liberties ***

Choose one of the following options for each meal	Easy to Prepare	Healthy	Restaurant
Breakfast	2 eggs(fried, over easy, scrambled or boiled with or without condiments 2 white bread slices <u>or</u> 1 plain bagel with butter, jelly or cream cheese	2/3 cup yogurt(no seeds, berries or nuts 1 banana	1 Egg McMuffin with Canadian Bacon taken off 1 plain bagel with cream cheese, jelly or butter
Lunch	1 plain chicken or turkey sandwich on white bread with condiments only: no lettuce or tomato OR 1 cup Macaroni and Cheese OR 1baked potato (no skin) with butter or sour cream	1 chicken breast – pan fried or baked 1 cup cottage cheese	1 plain chicken sandwich with condiments only: no lettuce or tomato OR 5 chicken tenders or 10 chicken nuggets with condiments
Snack Before 2:00pm	1 handful pretzels	1 banana OR ½ cup cottage cheese	1 handful pretzels

**** Please do not eat anything after starting the bowel prep. ****

You may have clear liquids for the remainder of the time up until 3 hours prior to your procedure.

Clear liquids you may have include: water, coffee, tea, clear broth or bouillon, Gatorade, PowerAde, carbonated and non-carbonated soft drinks, Kool-Aid or other flavored drinks, clear fruit juices such as apple or white grape juice, Jell-O, or popsicles. **NO RED OR PURPLE COLORS - NO MILK PRODUCTS - NO ALCOHOL MAKE SURE YOU DRINK LOTS OF CLEAR LIQUIDS!!**

FOLLOW YOUR PREP INSTRUCTIONS COMPLETELY