

## Diet Guidelines for your colonoscopy:

Your bowel needs to be as clean as possible to get the most from your colonoscopy. You'll follow a bowel prep routine the day before your procedure. Eating only low-fiber foods for 5 days before your colonoscopy makes your bowel prep easier by limiting the amount of undigested food that has to pass through your digestive system.

| <b>Milk &amp; Dairy:</b>                                                                                              |                                                   |
|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|
| <b>YES – OKAY TO EAT THESE FOODS</b>                                                                                  | <b>NO – AVOID THESE FOODS</b>                     |
| Low Fat/Non-Fat Cheese, including cottage cheese<br>Low Fat/Non-Fat Yogurt<br>Low Fat Sour Cream<br>Skim/Low Fat Milk | Yogurt Mixed with nuts, seeds, granola or berries |

| <b>Bread &amp; Grains:</b>                                                                                                                                                     |                                                                                                                                    |
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| <b>YES – OKAY TO EAT THESE FOODS</b>                                                                                                                                           | <b>NO – AVOID THESE FOODS</b>                                                                                                      |
| Breads & grains made with refined white flour (including rolls, muffins, bagels, pasta)<br>White Rice<br>Low-fiber cereal (including puffed rice, cream of wheat, corn flakes) | Brown or wild rice<br>Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal)<br>Grains made with seeds or nuts |

| <b>Meat &amp; Protein:</b>                                                        |                               |
|-----------------------------------------------------------------------------------|-------------------------------|
| <b>YES – OKAY TO EAT THESE FOODS</b>                                              | <b>NO – AVOID THESE FOODS</b> |
| Lean Chicken, Turkey<br>Lean Pork, Lamb, Veal<br>Fish and Seafood<br>Eggs<br>Tofu | Tough meat<br>Red Meat/Steak  |



| <b>Fruits &amp; Nuts:</b>                                                                                                                                                              |                                                                                                                                                                                                                  |
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| <b>YES – OKAY TO EAT THESE FOODS</b>                                                                                                                                                   | <b>NO – AVOID THESE FOODS</b>                                                                                                                                                                                    |
| Fruit juice without pulp<br>Canned or cooked fruit without seeds or skin<br>Ripe cantaloupe and honeydew<br>Avocado with no peel<br>Applesauce<br>Smooth/creamy nut butters<br>Bananas | Raw Fruit with seeds, skins, or membranes (includes berries, pineapples, apples, oranges, watermelon)<br>Chunky nut butters<br>Nuts<br>Canned or cooked fruit WITH seeds or skin<br>Raisins or other dried fruit |



| <b>Vegetables:</b>                                                                                                                                                                  |                                                                                                                                                                                                                  |
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| <b>YES – OKAY TO EAT THESE FOODS</b>                                                                                                                                                | <b>NO – AVOID THESE FOODS</b>                                                                                                                                                                                    |
| Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips, peppers)<br>Potatoes without Skin<br>Cucumbers without Seeds or Peel | Cucumber with seeds and peel<br>Corn<br>Raw Vegetables<br>Potatoes with Skin<br>Tomatoes<br>Cooked cabbage or brussels sprouts, broccoli, cauliflower<br>Green Peas, Beans<br>Summer and Winter Squash<br>Onions |

| <b>Fats &amp; Oils:</b>                                                           |                                            |
|-----------------------------------------------------------------------------------|--------------------------------------------|
| <b>YES – OKAY TO EAT THESE FOODS</b>                                              | <b>NO – AVOID THESE FOODS</b>              |
| Butter/Margerine<br>Salad Dressings WITHOUT seeds or nuts<br>Vegetable/Other Oils | NO SALAD DRESSINGS MADE WITH NUTS OR SEEDS |

| <b>Soups:</b>                                                                   |                                                                          |
|---------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| <b>YES – OKAY TO EAT THESE FOODS</b>                                            | <b>NO – AVOID THESE FOODS</b>                                            |
| Broth, bouillon, consommé, strained soups<br>Milk or cream-based soup, STRAINED | Unstrained soups<br>Lentils<br>Dried bean soups<br>Corn soup<br>Pea soup |

| <b>Desserts:</b>                                                                                                                                                                                                                                       |                                                                                                                                                               |
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| <b>YES – OKAY TO EAT THESE FOODS</b>                                                                                                                                                                                                                   | <b>NO – AVOID THESE FOODS</b>                                                                                                                                 |
| Custard<br>Plain pudding<br>Low Fat Ice Cream/Sherbert or Sorbet<br>Jell-O/gelatin without added fruit (NO BLUE/PURPLE/RED)<br>Cookies or cakes made with white flour – No seeds, nuts or dried fruit<br>Hard Candy<br>Popsicles (not red/purple/blue) | Coconut<br>Anything containing seeds or nuts<br>Anything with Red/blue/purple dye<br>Cookies or cakes made with whole grain flour, seeds, nuts or dried fruit |

| <b>Drinks &amp; Beverages:</b>                                                                                                                                                    |                                                                                                                 |
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|  <b>YES – OKAY TO EAT THESE FOODS</b>                                                            |  <b>NO – AVOID THESE FOODS</b> |
| Coffee/Tea<br>Ensure, Boost or similar drinks without added fiber<br>Hot chocolate/cocoa<br>Clear fruit drinks (no pulp)<br>Clear soda, sports drinks, or other carbonated drinks | Fruit or vegetable juice with pulp<br>Drinks with BLUE/RED/PURPLE dye                                           |

| <b>Others:</b>                                                                                                         |                                                                                                                 |
|------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
|  <b>YES – OKAY TO EAT THESE FOODS</b> |  <b>NO – AVOID THESE FOODS</b> |
| Sugar<br>Salt<br>Jelly<br>Honey<br>Syrup<br>Lemon Juice                                                                | Popcorn<br>Jam<br>Marmalade<br>Relishes<br>Pickles<br>Olives<br>Stone-ground mustard                            |