



COLONOSCOPY DIET GUIDELINES



LOW RESIDUE DIET

Follow prep sheet instructions for timing:

A low residue diet reduces the amount of food that stays in your bowels after you eat. Follow the low-residue diet for a short time before your colonoscopy to make sure your bowels are clean and empty. This lets the physician see as much of your bowel as possible during the colonoscopy.

Foods to avoid while on this diet include (but not limited to):

- Raw fruits and vegetable (lettuce, corn, tomatoes, etc.)
- Seeds, nuts and legumes (no popcorn, peanuts, etc.)
- Juices with pulp
- Milk and milk products (no more than 1 cup per day)

If you have any medical contraindications to anything on the recommended food column, please avoid them entirely or consult your doctor.

RECOMMENDED FOODS	FOODS TO AVOID
White breads, pasta, rice, peeled potatoes	Breads with nuts, seeds, or whole wheat, potatoes with skin, brown or wild rice
Tender cooked or canned veggies without seeds, including carrots, green or wax beans, pumpkin, spinach, lima beans (Do not eat canned corn)	Raw or steamed veggies, veggies with seeds, cabbage, Brussels sprouts, cauliflower, beans, peas, corn, broccoli
Strained fruit juice, canned fruit (except pineapple)	Prunes or prune juice, raw/dried fruit, all berries, figs, dates, raisins
Milk, yogurt, cheese	Yogurt with seeds or nuts
Ground beef, other well-cooked meats and fish	Tough, fibrous or rare meat
Plain cakes and cookies, creamy peanut butter	Nuts, seeds, coconut, popcorn, jams, marmalades, preserves, crunchy peanut butter

CLEAR LIQUID DIET

Follow prep sheet instructions for timing:

A clear liquid diet is defined as any liquid you can shine a light through, that is not foggy or cloudy, and is not red or purple.

- Water, sports drinks, sodas, apple juice, white grape juice
- Clear broths, gelatin, popsicles (yellow or green)
- Black coffee and tea (sugar or sweetener is allowed but **NO** milk/creamer or non-dairy creamer)
- **DO NOT EAT ANYTHING RED OR CONTAINING RED DYE.**
 - Avoid flavors such as strawberry, cherry, watermelon, grape, and orange.

NO SOLID FOOD, NO MILK PRODUCTS, NO NON-DAIRY CREAMER, NO ORANGE JUICE, AND NO ALCOHOL.