

Low Fiber Diet for Colonoscopy

Start 4 Days before the procedure

(On the morning of the day before your colonoscopy, you will switch to the clear liquid diet listed on the bottom half of this page.)

You may include the following:

- Low fiber hot cereals such as grits & farina
- Low fiber cold cereals such as Special K, Rice Krispies, Rice Chex & Puffed Wheat
- Dairy products, including milk, yogurt & cheeses
- Regular pasta (not whole grain)
- White rice (not brown)
- White bread & related products (bagels, pancakes, etc (NO brown, multi-grain))
- Bananas, avocado & canned fruit (except pineapple & prunes)
- Well cooked or canned skinless & seedless vegetables (no corn or beans)
- Meat, fish, chicken (skinless), eggs

Do not eat anything that includes seeds (like poppy & sesame), or skins & hulls, nuts or popcorn

Clear Liquid Diet for Colonoscopy

For the entire day before the procedure

Clear liquids only, which may include the following

- Soft drinks (orange, ginger ale, cola, sprite, 7-Up, etc), Gatorade, Kool-aid & Propel
- Strained fruit juices without pulp (apple, white grape, lemonade etc)
- Water, tea, coffee (no milk or non-dairy creamer)
- Low-sodium chicken, vegetable or beef bouillon /broth (Swanson broth is very good)
- Jell-O (lemon, lime or orange) no fruit toppings
- Popsicles (no sherbets, sorbets or fruit bars), Italian Ice

DO NOT DRINK ANYTHING COLORED RED OR PURPLE