

Low-Fiber Diet for Colonoscopy Preparation

Three days before your colonoscopy: eat only low-fiber foods as listed below.

Two days before: continue eating only low-fiber foods.

Day before test: eat a low fiber breakfast **before 10 am** and switch to a **Clear Liquid Diet Only**

Food Category	 YES – OK TO EAT:	 NO – AVOID THESE FOODS
Milk and Dairy 	<ul style="list-style-type: none"> • Milk and Cream • Hot Chocolate • Buttermilk • Cheese, including cottage cheese • Yogurt and Sour cream 	<ul style="list-style-type: none"> • Yogurt containing nuts, seeds, granola or fruit with seeds (such as any berries)
Bread and Grains 	<ul style="list-style-type: none"> • Breads and grains made with refined white flour (including rolls, muffins, bagels and pasta) • White rice • Plain crackers • Low-fiber cereal (including puffed rice, cream of wheat, corn flakes) 	NO Whole grains or high-fiber: <ul style="list-style-type: none"> • Brown or wild rice • Whole grain bread, rolls, pasta, or crackers • bread with nuts or seeds. • Whole grain or high-fiber cereal, including granola, raisin bran or oatmeal • quinoa, chia seeds, hemp, flax
Meat and Poultry 	<ul style="list-style-type: none"> • Chicken, Turkey, Lamb, Lean Pork, Veal, Fish and Seafood, • Eggs and Tofu • 	<ul style="list-style-type: none"> • NO tough meat with gristle
Legumes 	<p style="text-align: center;">NONE ALLOWED</p>	<ul style="list-style-type: none"> • NO: dried peas (including split or black-eyed, dried beans) • No kidney, pinto, garbanzo/chickpea) Lentils, or any other legume
Nuts, nut butter, seeds 	<ul style="list-style-type: none"> • Creamy (smooth only) peanut or almond butter 	<ul style="list-style-type: none"> • NO nuts: Peanuts, almonds, walnuts, chunky nut butter, etc. • No seeds such as sesame, pumpkin, sunflower, flax, etc • No humus
Fruits 	<ul style="list-style-type: none"> • Fruit juice without pulp • Applesauce • cantaloupe and honeydew • peeled apricots and peaches • bananas • Canned or cooked fruit without seeds or skin 	<ul style="list-style-type: none"> • NO seeds, skin, membranes; or dried fruit: • No berries of any kind, pineapple, apples, oranges, grapefruit • Any cooked or canned fruit with seeds or skin • Raisins or other dried fruit

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<p>Vegetables</p> 	<ul style="list-style-type: none"> • Cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips, etc.) • Potatoes without skin • cucumbers without seeds or peel. 	<ul style="list-style-type: none"> • NO raw vegetables or cooked vegetables with skin/peel or seeds • Corn, tomatoes, cucumbers with seeds and peel, cabbage, Brussel sprouts, squash, lima beans, • salads or any raw vegetables.
<p>Fats and Oils</p> 	<ul style="list-style-type: none"> • Butter, Margarine, Vegetable and other oils, • Mayonnaise, Salad dressings made without seeds or nuts 	<ul style="list-style-type: none"> • NO salad dressings containing seeds or nuts
<p>Soups</p> 	<ul style="list-style-type: none"> • Broth, bouillon, consommé, and strained soups • Milk or cream-based soup strained 	<ul style="list-style-type: none"> • Unstrained soups that contain restricted foods • Chili, lentil soup, dried bean soup, corn soup, pea soup
<p>Desserts</p> 	<ul style="list-style-type: none"> • Custard, plain pudding, ice cream, sherbet or sorbet, • Jell-O or gelatin without added red or purple dye 	<ul style="list-style-type: none"> • Coconut, anything with seeds or nuts, • Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts.
<p>Drinks or beverages</p> 	<ul style="list-style-type: none"> • Coffee, tea, hot chocolate or cocoa, • clear fruit drinks (no pulp), soda and other carbonated beverages, • Ensure or Boost without added fiber 	<ul style="list-style-type: none"> • Fruit or vegetable juice with pulp, • beverages with red or purple dye
<p>Other</p>	<ul style="list-style-type: none"> • sugar, salt, jelly, honey, syrup and lemon juice 	<ul style="list-style-type: none"> • Coconut, popcorn, jam with seeds, marmalade, relishes, pickles, olives, stone-ground mustard,