

To optimize the outcome of your colonoscopy and decrease the chances of needing to cancel or reschedule, kindly adhere to the dietary guidelines provided below for the seven days preceding your procedure.

**Seven (7) day diet restrictions prior to procedure**




STOP	OK - APPROVED
<ul style="list-style-type: none"> <li>• UNLESS PEELED- NO PEELS ALLOWED</li> <li>• ORANGES</li> <li>• NUTS</li> <li>• POPCORN</li> <li>• SEEDS</li> <li>• GREEN BEANS</li> <li>• OLIVES</li> <li>• GRAPES / RAISINS</li> <li>• STRAWBERRIES</li> <li>• RASPBERRIES</li> <li>• BLUEBERRIES</li> <li>• COCONUT</li> <li>• OATMEAL</li> <li>• WHEAT CRACKERS</li> <li>• MULTIGRAIN BREAD</li> <li>• WHOLE WHEAT BREAD OR PASTA</li> <li>• DRIED FRUIT</li> <li>• KALE</li> <li>• SWEET POTATOES</li> <li>• SPINACH</li> <li>• ANY FOODS CONTAINING WHOLE WHEAT</li> <li>• ALL BEANS INCLUDING LENTILS</li> <li>• BROCCOLI</li> <li>• CAULIFLOWER</li> <li>• TOMATOES</li> <li>• GREEN SALADS</li> <li>• BOKCHOY</li> <li>• SOY BEANS</li> <li>• CORN</li> </ul>	<ul style="list-style-type: none"> <li>• MEATS (CHICKEN, PORK, BEEF)</li> <li>• FISH</li> <li>• MUSHROOMS</li> <li>• TOFU</li> <li>• FLOUR TORTILLAS</li> <li>• MILK</li> <li>• ALMOND / NUT MILK</li> <li>• ICE CREAM- (Please avoid fruits with skin and seeds)</li> <li>• CHEESE</li> <li>• DAIRY</li> <li>• WHITE BREAD</li> <li>• RICE NOODLES (WHITE OR CLEAR)</li> <li>• NOODLES</li> <li>• YOGURT- (Please avoid fruits with skin and seeds)</li> <li>• PASTA WITH CREAM SAUCE</li> <li>• EGGS</li> <li>• PANCAKES</li> <li>• MUFFINS- (Please avoid fruits with skin and seeds)</li> <li>• PASTRIES</li> <li>• WHITE RICE (no brown rice)</li> <li>• AVOCADO</li> <li>• HUMMUS</li> <li>• CREAMY PEANUT BUTTER</li> <li>• ALMOND BUTTER</li> <li>• COUSCOUS</li> <li>• SEITAN</li> <li>• CHOCOLATE- (without nuts)</li> <li>❖ <b>FRUITS- (peeled and deseeded for all)</b> <ul style="list-style-type: none"> <li>➤ APPLES</li> <li>➤ PEACHES</li> <li>➤ PEAR</li> <li>➤ BANANA</li> <li>➤ GRAPEFRUIT</li> <li>➤ CANTALOUPE</li> <li>➤ WATERMELON</li> </ul> </li> <li>❖ <b>VEGETABLES- (peeled and deseeded for all)</b> <ul style="list-style-type: none"> <li>➤ CARROTS</li> <li>➤ POTATOES</li> <li>➤ CUCUMBER</li> <li>➤ SQUASH</li> <li>➤ BEETS</li> <li>➤ HERBS (basil / oregano)</li> <li>➤ ONIONS &amp; GARLIC (cooked well)</li> </ul> </li> </ul>




## Low-Fiber Diet for Colonoscopy Preparation




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

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

\*See the clear liquid chart for the day before, and day of, your colonoscopy. \*

TYPE OF FOOD OR DRINK	YES-OK TO EAT THESE FOODS	NO-AVOID THESE FOODS
<b>MILK AND DAIRY</b> 	<ul style="list-style-type: none"> <li>➤ MILK</li> <li>➤ CREAM</li> <li>➤ HOT CHOCOLATE</li> <li>➤ BUTTERMILK</li> <li>➤ CHEESE</li> <li>➤ COTTAGE CHEESE</li> <li>➤ YOGURT</li> <li>➤ SOUR CREAM</li> </ul>	<b>DO NOT MIX WITH YOGURT</b> <ul style="list-style-type: none"> <li>➤ NUTS, SEEDS, GRANOLA</li> <li>➤ FRUIT WITH SKIN OR SEEDS (SUCH AS BERRIES)</li> </ul>
<b>BREAD AND GRAINS</b> 	<ul style="list-style-type: none"> <li>➤ BREADS AND GRAINS MADE WITH REFINED WHITE FLOUR (INCLUDING ROLLS, MUFFINS, BAGELS, PASTA)</li> <li>➤ WHITE RICE</li> <li>➤ PLAIN CRACKERS, SUCH AS SALTINES</li> <li>➤ LOW-FIBER CEREAL (INCLUDING PUFFED RICE, CREAM OF WHEAT, CORN FLAKES)</li> </ul>	<ul style="list-style-type: none"> <li>➤ BROWN OR WILD RICE</li> <li>➤ WHOLE GRAIN BREAD, ROLLS, PASTA, OR CRACKERS</li> <li>➤ WHOLE GRAIN OR HIGH-FIBER CEREAL (INCLUDING GRANOLA, RAISIN BRAN, OATMEAL)</li> <li>➤ BREAD OR CEREAL WITH NUTS OR SEEDS</li> </ul>
<b>MEAT</b> 	<ul style="list-style-type: none"> <li>➤ CHICKEN</li> <li>➤ TURKEY</li> <li>➤ LAMB</li> <li>➤ LEAN PORK</li> <li>➤ FISH AND SEAFOOD</li> <li>➤ EGGS</li> <li>➤ TOFU</li> </ul>	<b>NO TOUGH MEAT WITH GRISTLE</b>

TYPE OF FOOD OR DRINK	YES-OK TO EAT THESE FOODS	NO-AVOID THESE FOODS
<p><b>LEGUMES</b></p> 	<p><b>NONE ALLOWED</b></p>	<p><b>NO:</b></p> <ul style="list-style-type: none"> <li>➤ DRIED PEAS (INCLUDING SPLIT OR BLACK EYED)</li> <li>➤ DRIED BEANS (INCLUDING KIDNEY, PINTO, GARBANZO/CHICKPEA)</li> <li>➤ LENTILS</li> <li>➤ ANY OTHER LEGUME</li> </ul>
<p><b>FRUITS</b></p> 	<ul style="list-style-type: none"> <li>➤ APPLESAUCE</li> <li>➤ RIPE CANTALOUPE AND HONEYDEW</li> <li>➤ RIPE, PEELED APRICOTS AND PEACHES</li> <li>➤ CANNED OR COOKED FRUIT WITHOUT SEEDS OR SKIN</li> </ul>	<p><b>NO SEEDS, SKIN, MEMBRANES; OR DRIED FRUIT:</b></p> <ul style="list-style-type: none"> <li>➤ RAW FRUIT WITH SEEDS, SKIN OR MEMBRANES (INCLUDES BERRIES, PINEAPPLE, APPLES, ORANGES, WATERMELON)</li> <li>➤ ANY COOKED OR CANNED FRUIT WITH SEEDS OR SKIN</li> </ul>
<p><b>VEGETABLES</b></p> 	<ul style="list-style-type: none"> <li>➤ CANNED OR COOKED VEGETABLES WITHOUT SKIN OR PEEL (INCLUDES PEELED CARROTS, MUSHROOMS, TURNIPS, ASPARAGUS TIPS)</li> <li>➤ POTATOES WITHOUT SKIN</li> <li>➤ CUCUMBERS WITHOUT SEEDS OR PEEL</li> </ul>	<p><b>NO RAW, SKIN, SEEDS, PEEL; OR CERTAIN OTHER VEGETABLES:</b></p> <ul style="list-style-type: none"> <li>➤ CORN</li> <li>➤ TOMATOES</li> <li>➤ COOKED CABBAGE OR BRUSSELS SPROUTS</li> <li>➤ GREEN PEAS</li> <li>➤ SUMMER AND WINTER SQUASH</li> <li>➤ LIMA BEANS</li> <li>➤ ONIONS</li> </ul>

TYPE OF FOOD OR DRINK	YES-OK TO EAT THESE FOODS	NO-AVOID THESE FOODS
<b>NUTS, NUT BUTTER, SEEDS</b> 	<ul style="list-style-type: none"> <li>➤ CREAMY (SMOOTH) PEANUT OR ALMOND BUTTER</li> </ul>	<ul style="list-style-type: none"> <li>➤ NUTS INCLUDING PEANUTS, ALMONDS, WALNUTS</li> <li>➤ CHUNKY NUT BUTTER</li> <li>➤ SEEDS SUCH AS FENNEL, SESAME, PUNPKIN, SUNFLOWER</li> </ul>
<b>FATS AND OILS</b> 	<ul style="list-style-type: none"> <li>➤ BUTTER</li> <li>➤ MARGARINE</li> <li>➤ VEGETABLE AND OTHER OILS</li> <li>➤ MAYONNAISE</li> <li>➤ SALAD DRESSING MADE WITHOUT SEEDS OR NUTS</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>NO SALAD DRESSING MADE WITH SEEDS OR NUTS</b></li> </ul>
<b>SOUPS</b> 	<ul style="list-style-type: none"> <li>➤ BROTH, BOUILLON, CONSOMME, AND STRAINED SOUPS</li> <li>➤ MILK OR CREAM-BASED SOUP, STRAINED</li> </ul>	<ul style="list-style-type: none"> <li>➤ UNSTRAINED SOUP</li> <li>➤ CHILI</li> <li>➤ LENTIL SOUP</li> <li>➤ DRIED BEAN SOUP</li> <li>➤ CORN SOUP</li> <li>➤ PEA SOUP</li> </ul>



TYPE OF FOOD OR DRINK	YES-OK TO EAT THESE FOODS	NO-AVOID THESE FOODS
<b>DESSERTS</b> 	<ul style="list-style-type: none"> <li>➤ CUSTARD</li> <li>➤ PLAIN PUDDING</li> <li>➤ ICE CREAM</li> <li>➤ SHERBET OR SORBET</li> <li>➤ JELL-O OR GELATIN (without added fruit, red, blue, or purple dye)</li> <li>➤ Cookies or cake made with white flour, prepared without seeds, dried fruit or nuts</li> </ul>	<ul style="list-style-type: none"> <li>➤ COCONUT</li> <li>➤ ANYTHING WITH SEEDS OR NUTS</li> <li>➤ ANYTHING WITH ADDED RED OR PURPLE DYE</li> <li>➤ COOKIES OR CAKES MADE WITH WHOLE GRAIN FLOUR, SEEDS, DRIED FRUIT, OR NUTS</li> </ul>
<b>DRINKS OR BEVERAGES</b> 	<ul style="list-style-type: none"> <li>➤ COFFEE</li> <li>➤ TEA</li> <li>➤ HOT CHOCOLATE OR COCOA</li> <li>➤ CLEAR FRUIT JUICE (NO PULP)</li> <li>➤ SODA AND OTHER CARBONATED BEVERAGES</li> <li>➤ ENSURE, BOOST, OR ENLIVE WITH OUT ADDED FIBER</li> </ul>	<ul style="list-style-type: none"> <li>➤ FRUIT OR VEGETABLE JUICE WITH PULP</li> <li>➤ BEVERAGES WITH RED OR PURPLE DYE</li> </ul>
<b>OTHER</b> 	<ul style="list-style-type: none"> <li>➤ SUGAR</li> <li>➤ SALT</li> <li>➤ JELLY</li> <li>➤ HONEY</li> <li>➤ SYRUP</li> <li>➤ LEMON JUICE</li> </ul>	<ul style="list-style-type: none"> <li>➤ POPCORN</li> <li>➤ JAM</li> <li>➤ MARMALADE</li> <li>➤ RELISHES</li> <li>➤ PICKLES</li> <li>➤ OLIVES</li> <li>➤ STONE-GROUND MUSTARD</li> </ul>
<b>CLEAR LIQUIDS AND LIMITED LIGHT-COLOR DRINKS ONLY</b>  <p><b>*DAY BEFORE AND DAY OF YOUR COLONOSCOPY</b></p>	<ul style="list-style-type: none"> <li>➤ WATER</li> <li>➤ TEA AND BLACK COFFEE WITHOUT ADDED DAIRY OR DAIRY ALTERNATIVE</li> <li>➤ FLAVORED WATER WITHOUT RED, BLUE OR PURPLE DYE</li> <li>➤ CLEAR, LIGHT-COLORED JUICES SUCH AS APPLE, WHITE GRAPE, LEMONADE WITHOUT PULP AND WHITE CRANBERRY</li> <li>➤ CLEAR BROTH</li> <li>➤ SODA</li> <li>➤ SPORTS DRINKS (LIGHT COLORS ONLY)</li> <li>➤ POPSICLES WITHOUT FRUIT OR CREAM</li> </ul>	<ul style="list-style-type: none"> <li>➤ ALCOHOLIC BEVERAGES</li> <li>➤ MILK</li> <li>➤ SMOOTHIES</li> <li>➤ MILKSHAKES</li> <li>➤ CREAM</li> <li>➤ ANY JUICE WITH PULP</li> <li>➤ TOMATO JUICE</li> <li>➤ COOKED CEREAL</li> <li>➤ ANYTHING WITH RED, BLUE OR PURPLE DYE</li> </ul>