

Low Fiber Diet:

Start low fiber 5 days before your procedure, continue up to 2 days prior to your procedure.

A Low Fiber Diet includes foods that are easy to digest and do not leave residue in your colon while you are preparing for your colonoscopy.

Low fiber foods include:

Enriched white bread (NO whole wheat, whole grain, oat or multigrain)

White rice or plain white enriched pasta or noodles

Cereals with no more than 1 gram of dietary fiber per serving

Canned fruits without skins, seeds or membranes (canned peaches, pears or fruit cocktail)

Canned soups without corn or peas (examples: chicken noodle or tomato soup)

Eggs

Well Cooked Turkey, Chicken, or Fish

Juices without pulp

Condiments (plain yellow non-grainy mustard, mayonnaise, ketchup)

Small amounts margarine, butter or oil for cooking

Do not use:

Whole Wheat, Whole Grain, Oats, or Multigrain bread and other products

Brown or wild rice

Raw or dried fruits and vegetables

Dried beans, baked beans, peas or corn

Flax or any food products containing flax, nuts or seeds

Popcorn or any snack food containing corn, nuts or seeds

The day before your procedure and the day of your procedure: drink clear liquids only

(turn page over for clear liquid diet examples)