




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
<p>Milk and dairy</p> 	<p>OK to eat:</p> <ul style="list-style-type: none"> • Milk • Cream • Hot chocolate • Buttermilk • Cheese, including cottage cheese • Yogurt • Sour cream 	<p>NO yogurt mixed with:</p> <ul style="list-style-type: none"> • nuts, seeds, granola • fruit with skin or seeds (such as berries)
<p>Bread and grains</p> 	<p>OK to eat:</p> <ul style="list-style-type: none"> • Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta) • White rice • Plain crackers, such as Saltines • Low-fiber cereal (including puffed rice, cream of wheat, corn flakes) 	<p>NO whole grains or high-fiber:</p> <ul style="list-style-type: none"> • Brown or wild rice • Whole grain bread, rolls, pasta, or crackers • Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal) • Bread or cereal with nuts or seeds
<p>Meat</p> 	<p>OK to eat:</p> <ul style="list-style-type: none"> • Chicken • Turkey • Lamb • Lean pork • Veal • Fish and seafood • Eggs • Tofu 	<p>NO tough meat with gristle</p>

TYPE OF FOOD OR DRINK

YES — OK to EAT THESE FOODS

NO — AVOID THESE FOODS

Legumes



None allowed

NO:

- Dried peas (including split or black-eyed)
- Dried beans (including kidney, pinto, garbanzo/chickpea)
- Lentils
- Any other legume

Fruits



OK to eat:

- Fruit juice without pulp
- Applesauce
- Ripe cantaloupe and honeydew
- Ripe, peeled apricots and peaches
- Canned or cooked fruit without seeds or skin

NO seeds, skin, membranes; or dried fruit:

- Raw fruit with seeds, skin, or membranes (includes berries, pine apple, apples, oranges, watermelon)
- Any cooked or canned fruit with seeds or skin
- Raisins or other dried fruit

Vegetables



OK for some if cooked or canned:

- Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips)
- Potatoes without skin
- Cucumbers without seeds or peel

NO raw, skin, seeds, peel; or certain other vegetables:

- Corn
- Potatoes with skin
- Tomatoes
- Cucumbers with seeds and peel
- Cooked cabbage or Brussels sprouts
- Green peas
- Summer and winter squash
- Lima beans
- Onions

TYPE OF FOOD OR DRINK

YES — OK to EAT THESE FOODS

NO — AVOID THESE FOODS

Nuts, nut butter, seeds



OK to eat:

- Creamy (smooth) peanut or almond butter

NO nuts or seeds:

- Nuts including peanuts, almonds, walnuts
- Chunky nut butter
- Seeds such as fennel, sesame, pumpkin, sunflower

Fats and oils



OK to eat:

- Butter
- Margarine
- Vegetable and other oils
- Mayonnaise
- Salad dressings made without seeds or nuts

NO salad dressing made with seeds or nuts

Soups






OK to eat:

- Broth, bouillon, consomme, and strained soups
- Milk or cream-based soup, strained

No:

- Unstrained soups
- Chili
- Lentil soup
- Dried bean soup
- Corn soup
- Pea soup

TYPE OF FOOD OR DRINK	YES — OK to EAT THESE FOODS	NO — AVOID THESE FOODS
<p>Desserts</p> 	<p>OK to eat:</p> <ul style="list-style-type: none"> • Custard • Plain pudding • Ice cream • Sherbet or sorbet • Jell-O or gelatin without added fruit or red or purple dye • Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts 	<p>NO:</p> <ul style="list-style-type: none"> • Coconut • Anything with seeds or nuts • Anything with added red or purple dye • Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts
<p>Drinks or beverages</p> 	<p>OK to eat:</p> <ul style="list-style-type: none"> • Coffee • Tea • Hot chocolate or cocoa • Clear fruit drinks (no pulp) • Soda and other carbonated beverages • Ensure, Boost, or Enlive without added fiber 	<p>NO:</p> <ul style="list-style-type: none"> • Fruit or vegetable juice with pulp • Beverages with red or purple dye
<p>Other</p> 	<p>OK to eat:</p> <ul style="list-style-type: none"> • Sugar • Salt • Jelly • Honey • Syrup • Lemon juice 	<p>NO:</p> <ul style="list-style-type: none"> • Coconut • Popcorn • Jam • Marmalade • Relishes • Pickles • Olives • Stone-ground mustard