



Colonoscopy Dietary Instructions

4 Days Prior to the Procedure:

DATE: _____

Stop Eating: Nuts, seeds, popcorn, peanut butter, fresh fruits (except bananas), salads, corn, beans.

You **May** Eat the Following:

- Low Fiber hot cereals (grits, farina). No Oatmeal.
- Low fiber cold cereals with 1-gram fiber/serving or less (look on the box) such as Rice Krispies, Rice Chex, Puffed Wheat.
- Dairy products, including milk, yogurt, and cheese.
- Regular pasta, not whole grain.
- White rice, not brown.
- White bread and other grain products like bagels, pancakes, waffles, French toast, but not whole grain, whole wheat, or multigrain.
- Meat, fish, chicken (skinless), eggs.
- Well-cooked or canned skinless and seedless vegetables except corn and beans.
- Bananas, avocado, canned fruit except pineapple and prunes.

When in doubt, leave it out-it's only a few days of your life and it may prevent you from needing another procedure!

1 Day Prior to the Procedure

Light breakfast by **9 AM** of egg, white bread/toast with small amount of butter/margarine but no other dairy product, clear juice if **not red or purple** plus any liquid listed below.

Clear liquids rest of day---no RED or PURPLE anything ---drink plenty to stay well hydrated:

- Soft drinks (cola, ginger ale, Sprite, orange, etc.), Kool-Aid.
- Sports drinks with electrolytes (Gatorade/Powerade).
- Clear fruit juices (apple, white grape, white cranberry, iced tea, lemonade [no pulp]). **No orange juice!**
- Water, clear tea, black coffee, sugar OK, but no cream/milk/creamer.

- Low sodium broth/bouillon chicken/beef/vegetable.
- Jell-O---lemon, lime, orange---no fruit toppings.
- Popsicles, Italian Ice, no sherbet, sorbets, fruit bars.
- Clear hard candies (no fruit filling).

****NOTHING BY MOUTH 4 HOURS PRIOR TO SCHEDULED PROCEDURE****