

Low Fiber Diet for Colonoscopy Preparation

Eat this diet **3 days and 2 days** before your colonoscopy appointment.

One day before – only clear liquids allowed (unless otherwise instructed)

YES – Ok to eat these foods:

Cheese, yogurt, milk

White rice, plain crackers (Saltines), plain bagels, pasta, white bread, tortillas made from white flour, English muffins

Lean meats (chicken, fish, turkey), eggs, tofu

Applesauce, canned or cooked fruit with no seeds or skin

Broth, bouillon, strained soups

Ice cream, custard, sherbet, Jell-O, plain pudding

Coffee, tea, soda, sports drinks, nutritional shakes with no added fiber (Ensure, Boost)

NO – do NOT eat these foods :

Beans, peas, lentils, any legumes

Vegetables

Fruit with skin (peel) or seeds, coconut, raisins

Nuts, seeds, granola, quinoa

Brown or wild rice, whole grain breads or cereals

Any juice that contains pulp (such as orange juice)

Unstrained soups, chili, pea soup, lentil soup, dried bean soup, corn soup

