

Low Fiber Diet for Colonoscopy Prep

- Three days before colonoscopy eat only low fiber foods listed below.
- Two days before, continue eating low fiber.
- One day before, start clear liquid diet.

Foods Allowed on a Low Residue Diet



- refined grain products like white breads, cereals, and pastas (look for less than 2g of fiber per serving on label)
- white rice
- juices without pulp or seeds
- meats, fish, and eggs
- oil, margarine, butter, mayonnaise, and salad dressings
- fruit without peels or seeds and certain canned or well-cooked fruit (e.g., peeled apples, seedless peeled grapes, banana, cantaloupe, etc.)
- some soft, cooked vegetables (e.g., beets, beans, carrots, cucumber, eggplant, mushrooms, potatoes without skin)
- limit of 2 cups/day: milk, yogurt, puddings, cream based soups
- creamy peanut or almond butter

Foods to Avoid on a Low Residue Diet



- whole grain breads, cereals, and pastas (e.g., oatmeal, millet, buckwheat, flax, popcorn)
- raw vegetables
- the following vegetables, whether cooked or raw: broccoli, cauliflower, brussels sprouts, cabbage, kale, Swiss chard
- dried fruit, berries, and other fruit with skin or seeds
- tough meats with gristle
- crunchy peanut butter (smooth is okay)
- seeds and nuts
- dried beans, peas, and lentils

