

Low Fiber and Low Residue Diet

INSTRUCTIONS: You are allowed to eat a low-fiber, low-residue breakfast the DAY BEFORE your colonoscopy. Choose only those low-fiber and low-residue foods listed in the middle column. Breakfast must be finished by 10 AM the day before your colonoscopy.

Type of Food	OK to EAT	DO NOT EAT
Beverages	Coffee, tea, carbonated beverages, strained fruit drinks, limit milk to 2 cups per day or omit if lactose intolerant, soy milk.	Any drink containing fruit or vegetable pulp (e.g. home-style orange juice), coconut milk.
Breads/ Grains	Refined/white breads, rolls, biscuits, muffins, crackers, pancakes, and Waffles made with white flour, plain pastries-croissants, plain bagels and donuts, English muffins.	Any breads/muffins/ pastries/bagels made with whole grain flour, bran, seeds, nuts, coconut, or raw or dried fruits, popcorn.
Cereals	Refined cooked cereals including grits, cream of rice, farina, refined cereals including puffed rice, Special K, Rice Krispies, corn flakes, fruit loops.	Oatmeal, cream of wheat, any whole grain, bran, or granola cereal, any containing seeds, nuts, coconut, or dried fruit including Cheerios, Raisin Bran, All-Bran, Fiber One.
Desserts & Sweets	Plain cakes and cookies, sherbet, fruit ice, gelatin.	Any made with whole grain flour, bran, seeds, nuts, coconut, or dried fruit (e. g. raisins), ice cream.
Fats	Margarine, butter, salad, oils/dressings, plain gravy, mayonnaise, plain cream cheese.	Any containing whole grain flour, bran, seeds, nuts, coconut, or dried fruit including peanut oil.
Potatoes & Potato Substitutes	Cooked white and sweet potatoes without skin, hash browns, tater tots, white rice, refined pasta.	All others
Meats	Ground or well cooked lean tender beef, ham, pork, poultry, fish, eggs, cheese (if tolerated), smooth peanut butter.	Fried meat/chicken, tough/rubbery meats, shellfish, sausage, fatty bacon, any made with whole grain ingredients, seeds, or nuts, dried peas, lentils, legumes, chunky peanut butter.
Vegetables/Fruit	Most well cooked and canned vegetables without seeds, bananas, applesauce, canned fruit, seedless jelly.	Sauerkraut, winter squash, and peas, most raw vegetables and vegetables with seeds, fresh fruits (apples, oranges, berries, grapes, pineapple, etc), raisins.
Spices	Salt, pepper, sugar, spices, herbs, vinegar, catsup, mustard.	Hot/Cajun Spices, hot sauce, nuts, seeds, coconut.

Eat well cooked vegetables, and canned, cooked, or very ripe fruits.

Replace whole grain bread and cereal products with refined products such as white bread or products made with white flour.

NO legumes (peas or beans), seeds (including poppy or sesame seeds), and nuts (walnuts, peanuts, almonds, pecans...

Milk and products containing milk (cheese, yogurt, etc.) should be limited to 2 cups or less; don't eat at all if lactose intolerant.