

PLEASE START THIS DIET (4) FOUR DAYS PRIOR TO YOUR PROCEDURE!

THANK YOU!

LOW-RESIDUE DIET FOR COLONOSCOPIES

A LOW-RESIDUE DIET is a diet in which fiber and other foods that are harder for your body to digest are **RESTRICTED**. Fiber is made up of plant material that cannot be completely digested in the body. High fiber foods include **WHOLE GRAIN BREADS AND CEREALS, NUTS, SEEDS, and RAW/DRIED FRUITS AND VEGETABLES**.

Residue refers to undigested foods, including fiber, that make up the stool.

Here are foods you are **ALLOWED** to eat on a LOW-RESIDUE DIET:

Grains

Refined or enriched white breads and plain crackers, such as saltines or melba toast (NO SEEDS)
Cooked cereals, such as farina, cream of wheat, and grits
Cold cereals, such as puffed rice and corn flakes
White rice, noodles, and refined pastas

Fruits and Vegetables

The skin and seeds of many fruits and vegetables are loaded with fiber, so peeling the skin and avoiding the seeds is part of a Low-Residue Diet.

Vegetables

Well-cooked fresh vegetables or canned vegetables without seeds, such as asparagus tips, beets, green beans, carrots, mushrooms, spinach, squash (NO SEEDS), and pumpkin.
Cooked potatoes without skin
Tomato sauce without seeds

Fruits

Ripe bananas, soft cantaloupe, honeydew, avocado
Canned or cooked fruits without seeds or skin, such as applesauce or canned pears

Meat and Dairy

Milk products are okay to eat in moderation.

Meats and Proteins

You can enjoy most meats, including beef, lamb, chicken, fish (NO BONES) and pork as long as they are lean, tender, and soft.

Eggs are also okay to eat.