

# Bartlett Surgery & Specialty Clinic




3225 HOSPITAL DRIVE, SUITE 101A JUNEAU, AK 99801 • 907-796-8700 • FAX 907-796-8710

## Preparing for your colonoscopy

Low fiber diet for colonoscopy preparation:

**Seven days before your colonoscopy**, eat only low-fiber foods listed below.

**One day before your colonoscopy**, start a clear liquid diet.

TYPE OF FOOD OR DRINK	YES – OK TO EAT THESE FOODS	NO – AVOID THESE FOODS
<p><b>Milk and dairy</b></p> 	<p><b>OK to eat:</b></p> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Cream</li> <li>• Hot chocolate</li> <li>• Buttermilk</li> <li>• Cheese, including cottage cheese</li> <li>• Yogurt</li> <li>• Sour cream</li> </ul>	<p><b>NO yogurt mixed with:</b></p> <ul style="list-style-type: none"> <li>• Nuts, seeds, granola</li> <li>• Fruit with skin or seeds (such as berries)</li> </ul>
<p><b>Bread and grains</b></p> 	<p><b>OK to eat:</b></p> <ul style="list-style-type: none"> <li>• Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta)</li> <li>• White rice</li> <li>• Plain crackers, such as Saltines</li> <li>• Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)</li> </ul>	<p><b>NO whole grains or high-fiber</b></p> <ul style="list-style-type: none"> <li>• Brown or wild rice</li> <li>• Whole grain bread, rolls, pasta or crackers</li> <li>• Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal)</li> <li>• Bread or cereal with nuts or seeds</li> </ul>
<p><b>Meat</b></p> 	<p><b>OK to eat:</b></p> <ul style="list-style-type: none"> <li>• Chicken</li> <li>• Turkey</li> <li>• Lamb</li> <li>• Lean pork</li> <li>• Veal</li> <li>• Fish and seafood</li> <li>• Eggs</li> <li>• Tofu</li> </ul>	<p><b>NO tough meat with gristle</b></p>

## Legumes

None allowed

**NO:**



- Dried peas (including split or black-eyed)
- Dried beans (including kidney, pinto, garbanzo/chickpea)
- Lentils
- Any other legume

## Fruits

**OK to eat:**

**NO seeds, skin, membranes or dried fruit:**



- Fruit juice without pulp
  - Applesauce
  - Ripe cantaloupe and honeydew
  - Ripe, peeled apricots and peaches
  - Canned or cooked fruit without seeds or skin
- Raw fruit with seeds, skin or membranes (includes berries, pineapple, apples, oranges, watermelon)
  - Any cooked or canned fruit with seeds or skin
  - Raisins or other dried fruit

## Vegetables

**OK for some if cooked or canned:**

**NO raw, skin, seeds, peel; or certain other vegetables:**



- Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips)
  - Potatoes without skin
  - Cucumbers without seeds or peel
- Corn
  - Potatoes with skin
  - Tomatoes
  - Cucumbers with seeds and peel
  - Cooked cabbage or Brussel sprouts
  - Green peas
  - Summer and winter squash
  - Lima beans
  - Onions

## Nuts, nut butter, seeds

**OK to eat:**

**NO nuts or seeds:**



- Creamy (smooth) peanut or almond butter
- Nuts including peanuts, almonds, walnuts
  - Chunky nut butter
  - Seeds such as fennel, sesame, pumpkin, sunflower

### Soups



#### OK to eat:

- Broth, bouillon, consommé and strained soup
- Milk or cream-based soup, strained

#### NO:

- Unstrained soups
- Chili
- Lentil soup
- Dried bean soup
- Corn soup
- Pea soup

### Desserts



#### OK to eat:

- Custard
- Plain pudding
- Ice cream
- Sherbet or sorbet
- Jell-O/gelatin without added fruit or red or purple dye
- Cookies or cake made with white flour, prepared without seeds, dried fruit or nuts

#### NO:

- Coconut
- Anything with seeds or nuts
- Anything with added red or purple dye
- Cookies or cakes made with whole grain flour, seeds, dried fruit or nuts

### Drinks or beverages



#### OK to eat:

- Coffee
- Tea
- Hot chocolate or cocoa
- Clear fruit drinks (no pulp)
- Soda and other carbonated beverages
- Ensure, Boost or Enlive without added fiber

#### NO:

- Fruit or vegetable juice with pulp
- Beverages with red or purple dye

### Other



#### OK to eat:

- Sugar
- Salt
- Jelly
- Honey
- Syrup
- Lemon juice

#### NO:

- Coconut
- Popcorn
- Jam
- Marmalade
- Relishes
- Pickles
- Olives
- Stone-ground mustard