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Colonoscopy Low Fiber Diet

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Colonoscopy Prep–Low Fiber Diet

In preparation for your colonoscopy, you will need to be on a low fiber diet **1 week** prior. A low fiber diet will limit the amount of waste that has to move through your colon. Properly adhering to a low fiber diet will make your prep day easier and ensure the cleanest and best prep possible. **Remember: Clear liquids only the day before your colonoscopy!**

Guidelines for the Low Fiber Diet

- Avoid *any* food made with seeds, coconut, nuts, grains, raw or dried fruit
- Avoid whole-grain breads and cereals
- Consume foods made from refined white flour only
- Do not eat raw or dried fruits or vegetables and remove skins before cooking

Commonly Questioned Foods

Breads, Cereals, Rice, and Pasta

OKAY TO EAT	AVOID
<ul style="list-style-type: none"> • Enriched white bread • Pancakes or waffles • Refined cold cereals • Cream of wheat or grits • White rice or pasta • Cooked/skinless potatoes 	<ul style="list-style-type: none"> • Bread or cereal made w/ whole-grain, bran, seeds, nuts, or fruit • Corn bread • Graham crackers • Brown rice • Quinoa

Fruit and Vegetables

OKAY TO EAT	AVOID
<ul style="list-style-type: none"> • Canned or well-cooked fruits or vegetables without seeds or skins • Strained fruit or vegetable juices (no pulp) • Ripe bananas • Apple sauce 	<ul style="list-style-type: none"> • Raw or dried fruits and vegetables • All berries • Vegetables w/seeds or skin • Peas, broccoli, brussel sprouts, cabbage, corn, cauliflower, baked beans • Smoothies

Milk/Dairy

OKAY TO EAT	AVOID
<ul style="list-style-type: none"> • Milk, yogurt, custard, ice cream, cheese, and cottage cheese 	<ul style="list-style-type: none"> • Yogurts or ice creams w/ nuts or seeds

Meats and Protein

OKAY TO EAT	AVOID
<ul style="list-style-type: none"> • Ground, well-cooked tender beef, fish, poultry, lamb, turkey, or veal • Eggs • Tofu • Bacon • Smooth nut butters 	<ul style="list-style-type: none"> • Tough, fibrous meats • Beans, chickpeas, legumes, peas, and lentils • Nuts • Seeds • Crunchy nut butters

Fats, Snacks, Sweets, Condiments

OKAY TO EAT	AVOID
<ul style="list-style-type: none"> • Margarine, butter, and plain gravies • Honey and syrup • Plain cakes and cookies • Gelatin, puddings, sherbet, and popsicles • Pretzels 	<ul style="list-style-type: none"> • Nuts, seeds, coconut, popcorn or anything made with • Pickles, olives and horseradish • Desserts made from whole grains or bran

Medications

Beginning **1 week before your procedure**, it is important to stop any medications that can thin your blood to minimize the amount of bleeding that may occur if polyps are removed. These include:

- **NSAIDS:** including Ibuprofen, Advil, Aleve, Midol, Aspirin, and Meloxicam
- **Vitamins:** Vitamin C, E, Multivitamin, Biotin
- **Supplements:** Fish/Krill Oil/Omega-3, Turmeric, Garlic, Ginger, Ginkgo, Cumin, Glucosamine, Herbal Supplements, or any Supplements containing the above Vitamins

NOTES: