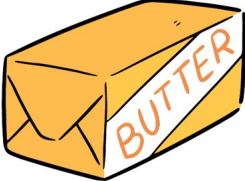


LOW-FIBER DIET FOR YOUR COLONOSCOPY

Start 5 days before your colonoscopy. Eat only the foods in the **YES** column. Do **NOT** eat fruit, vegetables, nuts, seeds, beans, or corn.

The day before your colonoscopy, have clear liquids only. Follow your prep sheet.

FOOD / DRINK	YES — OK TO HAVE	NO — DO NOT HAVE
MILK & DAIRY 	• Milk • Cream • Hot chocolate • Buttermilk • Cheese (also cottage cheese) • Plain yogurt • Sour cream	• Yogurt with nuts, seeds, or granola • Yogurt with fruit that has skin or seeds (like berries)
BREAD & GRAINS 	• Bread, rolls, muffins, bagels, and pasta made with white flour • White rice • Plain crackers (like saltines) • Low-fiber cereal (puffed rice, cream of wheat, corn flakes)	• Brown rice or wild rice • Whole grain bread, rolls, pasta, or crackers • Whole grain or high-fiber cereal (granola, raisin bran, oatmeal) • Bread or cereal with nuts or seeds
MEAT & PROTEIN 	• Chicken • Turkey • Lamb • Lean pork • Veal • Fish and seafood • Eggs • Tofu	• Tough meat with gristle
NUTS & SEEDS 	• NONE	• All nuts (peanuts, almonds, walnuts) • All nut butter (smooth or chunky) • Seeds (fennel, sesame, pumpkin, sunflower)

FOOD / DRINK	YES — OK TO HAVE	NO — DO NOT HAVE
FATS & OILS 	• Butter • Margarine • Vegetable and other oils • Mayonnaise • Salad dressing with no seeds or nuts	• Salad dressing with seeds or nuts
DESSERTS 	• Custard • Plain pudding • Ice cream • Sherbet or sorbet • Jell-O with no fruit (not red or purple) • Cookies or cake made with white flour, with no seeds, dried fruit, or nuts	• Coconut • Anything with seeds or nuts • Anything red or purple • Cookies or cake made with whole grain flour, seeds, dried fruit, or nuts
DRINKS 	• Coffee • Tea • Hot chocolate or cocoa • Clear fruit drinks (NO pulp) • Soda • Ensure, Boost, or Enlive with no added fiber	• Fruit or vegetable juice with pulp • Red or purple drinks
OTHER 	• Sugar • Salt • Jelly • Honey • Syrup • Lemon juice	• Coconut • Popcorn • Jam or marmalade • Relish • Pickles • Olives • Stone-ground mustard

Questions? Call us at 626-898-4560.