

Instructions for Low Fiber & Clear Liquid Diet

3 Days before your Colonoscopy: Only low-fiber foods listed below for 2 days.

Type of Food or Drink	Yes – Ok to Drink	No – Avoid These
Milk and dairy	Milk, Cream, Hot Chocolate, Cheese, Yogurt, Sour Cream	Do not mix yogurt with the following: Nuts, Seeds, Granola, Fresh fruit
Bread and grains	Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta), White rice, Plain crackers, such as Saltines, Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)	NO Brown or wild rice, Whole grain bread, rolls, pasta, or crackers, Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal), Bread or cereal with nuts or seeds
Fruits	Canned or cooked fruit without seeds or skin	NO 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	Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips), Potatoes without skin	NO Corn, Potatoes with skin, Tomatoes, Cucumbers, Cooked cabbage or Brussels sprouts, Green peas, Summer and winter squash, beans, popcorn
Desserts	Custard, Plain pudding, Ice cream, Sherbet or sorbet, Jell- O or gelatin without added fruit or red or purple dye, Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts	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
Other	Sugar, Salt, Jelly, Honey, Syrup, Coffee, Tea, Clear fruit drinks, Soda., Ensure, Boost or Enlive (without added fiber)	Popcorn, Jam, Marmalade, Relishes, Pickles, Olives, Stone-ground mustard

1 Day before your Colonoscopy: Clear Liquid Diet Only

NO SOLIDS, NO FOOD, LIQUIDS ONLY	Yes – Ok to Drink	No – Avoid These
<p>Clear Liquids and Limited Light-Color Drinks Only</p>	<ul style="list-style-type: none"> • Water • Tea and black coffee without any milk, cream, or lightener • Flavored water without red or purple dye • Clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry • Clear broth including chicken, beef, or vegetable • Soda • Sports drinks such as Gatorade and Propel (light colors only) • Popsicles without fruit or cream; no red or purple dye • Jello-O or other gelatin without fruit; no red or purple dye • Boost Breeze Tropical Juice drink 	<p>NO</p> <ul style="list-style-type: none"> • Alcoholic beverages • Milk • Smoothies • Milkshakes • Cream • Orange juice • Grapefruit juice • Tomato juice • Soup (other than clear broth) • Cooked cereal • Juice, Popsicles, or gelatins with red or purple dye