



**COLONOSCOPY PREP
LOW FIBER DIET**

FOOD RESTRICTIONS: 3 DAYS PRIOR you need to follow a **low-fiber diet**. Below is a general list of foods to avoid and foods that are ok for you to eat as part of the low-fiber diet.

If you are unsure about a specific food item, remember:

When in doubt leave it out

AVOID	OK to eat
ALL seeds and nuts and any foods that contain them	Enriched white breads without seeds or nuts
ALL salads	White rice, plain white pasta
Coconut	White flour crackers without seeds or nuts
Whole-wheat or whole-grain breads, cereals and pasta	Refined cereals such as Cream of Wheat
Brown or wild rice	Pancakes/waffles made with white flour
Whole grains such as oats/oatmeal, barley, quinoa	Avocado
Dried fruits and prune juice	Canned or well-cooked (NOT STEAMED) veggies without seeds, hulls or skins (such as carrots or potatoes)
Raw fruits including all berries	Beef, poultry, pork and fish
Raw or steamed veggies	Eggs
Corn and Popcorn	Tofu
Raisins and grapes	Creamy nut butters (no visible pieces of nuts)
Dried beans, peas and lentils	Any dairy (milk, plain yogurt, cheese, etc.)
Tomatoes, tomato sauce/paste	Butter, margarine, oils
Onions	
Cucumbers	