

If you have any questions, please ask your physician or nurse.

Colonoscopy Low-Residue Diet

A low-residue diet reduces the amount of food that stays in your bowels after you eat. Follow the low-residue diet for a short time before your colonoscopy to make sure your bowels are clean and empty. This lets the physician see as much of your bowel as possible during the colonoscopy.

Foods to avoid while on this diet include:

- All fruits and vegetables
- Legumes, seeds and nuts
- Juices with pulp
- Milk and milk products (no more than 2 cups per day).

Start the low-residue diet 3 days before your procedure.

Please follow your colonoscopy instructions to check when you should start your clear liquid diet.

Low-residue diet

Food Group	Recommended Foods	Foods to Avoid
Meat, poultry, fish and protein substitutes	Beef (tender or ground) Chicken or turkey (tender or ground) Eggs, Egg Beaters® Fish, seafood, shellfish, tuna Lamb (tender or ground) Fresh lean pork (tender or ground) Tofu	Meat that is tough or stringy
Grains	Foods made with refined white flour such as white bread, bagels, English muffins, white dinner rolls, pancakes, and white, refined flour pasta Pita bread Cold cereals (corn flakes, Rice Krispies®, Special K®) White rice Tortillas (corn or flour)	Oatmeal Cream of Wheat® Muffins Bran Whole grains

Low-residue diet (continued)

Food Group	Recommended Foods	Foods to Avoid
Dairy* (no more than 2 cups per day) *If lactose-intolerant, avoid milk products	Milk, buttermilk or lactose-free milk Soy, rice or almond milk Regular, soy, or lactose-free plain yogurt without any mix-ins Kefir Mild cheese, cottage cheese, lactose-free cottage cheese	Products with seeds or nuts Yogurt with added fruit, nuts, granola or chocolate mix-ins
Fats	Bacon Butter, margarine Vegetable oil, salad dressing, mayonnaise Cream or plain gravy Whipped cream Creamy peanut butter and all smooth nut butters	Raw nuts, seeds Coconut Olives
Other	Saltines, Melba toast, pretzels White potatoes (without the skins) Sherbet, gelatin Sugar, plain hard candy Condiments Coffee, tea Carbonated beverages	All fruits, raisins All vegetables (except white potatoes without the skins) Legumes, beans Juices with pulp