

PRE-COLONOSCOPY NUTRITIONAL GUIDELINES

3 Day Low-Residue Diet

“Residue” refers to undigested food, including fiber, that makes up stool. Following a low-residue diet will make it easier to clean out your colon in the way we need to see it for your colonoscopy, no matter what bowel cleansing preparation you choose.

Three days before your colonoscopy cut back on high fiber and bulk forming foods, along with quantity. Reduce portion size and simplify your meals; eat foods that are easy to digest and omit the foods that aren't.

Omit high-fiber foods, such as whole grains, whole grain breads and cereals, nuts, seeds, raw or dried fruits, and raw vegetables. Omit psyllium, fiber additives, and bulking shakes. Omit or reduce cheese and milk products as they can also be difficult to digest and mucous forming.

Adequate hydration will also help with bowel cleansing success and better overall procedural experience.

3 DAYS BEFORE COLONOSCOPY	2 DAYS BEFORE COLONOSCOPY	DAY BEFORE COLONOSCOPY
<p>LOW-RESIDUE DIET CUT DOWN PORTION SIZE</p> <p>White rice/white rice products Sour Dough toast Refined pasta Eggs, meat Yogurt, Kefir Soups Red potatoes, no skin Vegetables, cooked, avoid skin Fruits, limit, avoid skin, avoid dried</p>	<p>LOW-RESIDUE DIET LOW PORTIONS-EAT 1/3 of REGULAR DAILY PORTION OR LESS</p> <p>White rice/white rice products Sour Dough toast Eggs, meat (one serving today) Yogurt, Kefir (one serving) Soups, vegetable, omit beans, peas Red potatoes, no skin Vegetables, cooked, avoid skin, or starchy Broth</p>	<p>CLEAR LIQUIDS ONLY</p> <p>NO RED, BLUE OR PURPLE</p> <p>NO PULP</p> <p>Clear broths are okay-if you can't see through it-it's not "clear"</p>
<p>UNLIMITED LIQUIDS Start increasing hydration: Emergen-C Fruit Juices Herbal Teas Coffee okay Coconut Water (pulp or no pulp) Fresh Aloe Vera blended in Orange juice Water Kefir Milk Kefir Broth</p>	<p>UNLIMITED LIQUIDS Emergen-C Fruit Juices Herbal Teas Coffee okay Coconut Water (NO pulp) Fresh Aloe Vera blended in Orange juice Water Kefir Milk Kefir Broth</p>	<p>UNLIMITED LIQUIDS NO red, blue or purple Emergen-C Apple Juice White Grape Juice Herbal Teas Coffee okay (NO milk) Coconut Water (NO pulp) Water Kefir (NO residue) Broth (NO residue) Gatorade®</p>
<p>WATER ½ Gallon Water in addition to above beverages</p>	<p>WATER ½ Gallon Water in addition to above beverages</p>	<p>WATER ½ Gallon Water in addition to above beverages</p>
<p>*IF EVER History of CONSTIPATION: Miralax Take ONE dose (one packet or one measured cap dose) in 8 oz. of fluid at 5:30 PM.</p>	<p>*IF EVER History of CONSTIPATION: Miralax Take ONE dose (one packet or one measured cap dose) in 8 oz. of fluid at 5:30 PM.</p>	<p>FOLLOW DIRECTIONS on the Colonoscopy with the HydroPrep Instruction sheet</p>