

## Colonoscopy Low-Residue Diet

**Start a Low-Residue Diet 4 days before your procedure then please follow the CLEAR LIQUID DIET instructions starting the day prior to your colonoscopy.**

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:

- **Corn, Fruits and vegetables with Skins**
- **Legumes, seeds and nuts**

### 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	
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)	Bran and Whole grains cereals and muffins. Oatmeal Quinoa
Dairy	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,	Yogurt with added nuts or granola mix-ins
Fats	Bacon Butter, margarine Vegetable oil, salad dressing, mayonnaise Cream or plain gravy Whipped cream Creamy peanut butter (no nuts)	<b>Raw nuts, seeds</b>
Other	Saltines, Melba toast, pretzels potatoes (without the skins) Sherbet, gelatin Sugar, plain hard candy Condiments Coffee, tea Carbonated beverages	Seeds, nuts, Fruits and vegetables WITH skins, corn, beans, quinoa, and legumes