

Colonoscopy Prep Diet - 3 Days Prior to Procedure

Unfortunately we are unable to list all food items. If it is not listed please use your best judgement.

Food group	Foods allowed...	Foods to avoid...
Milk and dairy	Milk and milk products. Includes: <ul style="list-style-type: none"> • Cow's milk • Ice cream • Yogurt • Cheese • Cream 	<ul style="list-style-type: none"> • Fruited yogurt • Any ice cream or cheese with nuts or seeds • Any milk products if you are lactose intolerant
Beverages	<ul style="list-style-type: none"> • Coffee and tea • Carbonated beverages • Apple juice • Strained juice • Water (Tap, Bottled, Coconut) • Non-dairy milk (coconut and almond milk) • Fruit drinks without pulp, such as fruit punch • Kool-Aid or Hi-C (without red or purple dye) • Nutritional supplements without added fiber, such as Boost or Ensure 	<ul style="list-style-type: none"> • Any beverage containing pulp or seeds, such as orange or grapefruit juice • Prune juice • Nutritional supplements that contain fiber • Tomato or V8 juice
Breads, cereals, and starches	<ul style="list-style-type: none"> • Refined breads, rolls, bagels, English muffins, pita bread, biscuits, muffins, crackers, pancakes, waffles, or pastry • Potato and sweet potato without skin • White rice • Refined pasta • Tortillas (corn or flour) • Refined cooked and cold cereals such as hominy grits, farina, cream of wheat or rice, Cheerios, Corn/Rice Chex, Cornflakes, Rice Krispies, Special K 	<ul style="list-style-type: none"> • High fiber bread • Dave's Killer Bread • Whole grain breads, cereals, and pasta • Oatmeal • Granola • Any bread, cereal, cracker, or pasta made with seeds, nuts, coconut, or raw or dried fruit • Corn bread • Brown rice • Wheat germ • Bran • Sprouted wheat • Wild rice • Barley • Potato skins • Graham crackers • Quinoa
Fruits	<ul style="list-style-type: none"> • Canned or cooked fruit without skins or seeds (peaches, pears, apricots, apples) • Applesauce • Banana 	<ul style="list-style-type: none"> • Raw fruit (bananas are okay) • Canned pineapple, oranges, grapefruit sections, mixed fruit • Dried fruit • All berries, melons • Cranberry sauce • Avocado • Coconut
Vegetables	<ul style="list-style-type: none"> • Tender, well-cooked fresh, canned, and frozen vegetables without seeds such as peeled carrots, green beans • Strained vegetable juice • Strained tomato sauce 	<ul style="list-style-type: none"> • All raw vegetables, such as lettuce, onion, celery, cucumber, mushrooms, scallions, etc. • Vegetables with seeds • Beets • Tough, fibrous cooked vegetables such as: artichokes, asparagus, broad beans, broccoli and cauliflower, Brussel sprouts, celery, corn, cucumber, eggplant, mushrooms, onion, peas (green peas), sauerkraut and cabbage, spinach, tomatoes, zucchini summer squash, winter squash
Meat and meat substitutes	<ul style="list-style-type: none"> • Cooked, tender fish, poultry, beef, lamb, pork, ham, veal, organ meats • Eggs • Cheese • Tofu • Tuna fish • Smooth peanut butter and other smooth nut butters 	<ul style="list-style-type: none"> • Non-tender meats • Gristle • Hot dogs • Salami, cold cuts • Meat substitutes made with whole grains, nuts, or seeds • Beans, peas, lentils • Crunchy style peanut butter and other crunchy nut butters
Miscellaneous	<ul style="list-style-type: none"> • Salt, sugar, ground or flaked herbs and spices • Vinegar • Chocolate • Butter • Mustard • Soy sauce • Jelly (but not jam or preserves) • Honey • Mayonnaise 	<ul style="list-style-type: none"> • Ketchup • Pepper • Seed spices • Seeds and nuts • Popcorn • Jams or preserves • Pickles and olives • Coconut