



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	<ul style="list-style-type: none"> 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