

Low Residue Diet

A low residue diet limits fiber and other foods that may interfere with your bowel clean-out. If you follow a low residue diet before your colonoscopy, you will make it easier for your doctor to examine your colon and find polyps and reduce the risk of cancer.

Start a low residue diet 3 days before your colonoscopy.

Food you may have:

- Any clear drink (avoid red and purple)
- Breads
 - Refined (white) bread, bagels, rolls, English muffins, crackers, pancakes, waffles, pita
 - Refined cereals such as Rice Chex, Rice Krispies, Special K
 - Potatoes without skin
 - White rice
 - Pasta
- Fruit
 - Canned or cooked fruit without seeds
 - Applesauce
 - Banana
- Vegetables
 - Cooked vegetables without seeds
 - Vegetable juice
- Meat and protein
 - Cooked tender fish, poultry, beef, pork and ham
 - Eggs
 - Creamy peanut butter

Foods you SHOULD NOT have:

- Any drink with pulp or seeds
- Any supplement with fiber
- Bread
 - Whole grain bread, cereal, or pasta
 - Oatmeal
 - Granola
 - Any bread, cereal, cracker or pasta made with seeds or nuts
 - Cornbread
 - Brown rice or wild rice
 - Potato skins

Low Residue Diet (continued)

More foods you SHOULD NOT have:

- Fruit
 - Raw fruit (bananas are OK)
 - Canned pineapple, oranges, grapefruit
 - Dried fruit
 - All berries and melons
 - Coconut
 - Avocado

- Vegetables
 - All raw vegetables (NO lettuce, onion, celery, cucumber, mushrooms & spinach)
 - All vegetables with seeds
 - Tough fibrous cooked vegetables, such as: artichokes, asparagus, beans, broccoli, brussel sprouts, cabbage, cauliflower, celery, corn (NO CORN!), cucumber, eggplant, mushrooms, peas, peppers, sauerkraut, spinach, tomatoes, squash and zucchini

- Meat and protein
 - Tough fibrous meat such as steak, pork chop
 - Gristle
 - Hot dogs with skin on
 - Salami & cold cuts
 - Crunchy peanut butter

- Other
 - Popcorn
 - Seeds and nuts

Please call the office during regular business hours for any questions.

918-438-7050, M-Thurs 8:00am – 4:30pm, Friday 8:00am – 3:00pm