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