

BOWEL PREP – WHAT TO EAT

LOW RESIDUE DIET (seven days before your procedure)

<p>Grains</p> <ul style="list-style-type: none"> White bread Plain crackers, such as saltines Cooked cereals, such as cream of wheat or grits Cold cereals, such as corn flakes or puffed rice White rice, noodles, and pasta 	<p>Snacks</p> <ul style="list-style-type: none"> Plain cakes and cookies Gelatin, puddings, custard, and sherbet Ice cream and popsicles Hard candy Pretzels Vanilla wafers
<p>Fruits and Vegetables</p> <ul style="list-style-type: none"> Well-cooked fresh or canned vegetables without seeds, such as asparagus tips, beets, green beans, carrots, mushrooms, spinach, squash (no seeds), and pumpkin Cooked potatoes without skin Ripe bananas Melon, such as cantaloupe and honeydew Canned or cooked fruits without seeds or skin, such as applesauce or canned pears Avocado 	<p>Meats and Protein</p> <ul style="list-style-type: none"> Lean and tender meats, including beef, lamb, chicken, fish, and pork Eggs Soft tofu <p>Drinks</p> <ul style="list-style-type: none"> Coffee and tea Carbonated beverages Milk Apple juice, no-pulp orange juice, and cranberry juice Strained vegetable juices

<p>AVOID</p> <ul style="list-style-type: none"> Seeds, nuts, and coconut Whole-grain products, such as pasta, cereals, crackers, and breads Most raw vegetables Most raw or dried fruits, such as pineapple, raisins, and figs Certain cooked vegetables, including broccoli, winter squash, peas, Brussels sprouts, cabbage, corn (and corn bread), onions, cauliflower, and potatoes with skin 	<ul style="list-style-type: none"> Beans Lentils Firm tofu Peanut butter Jam, marmalade, and preserves Popcorn Fruit juices with pulp or seeds Prune juice Nectars
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CLEAR LIQUID DIET (the day before your procedure)

Soups	Clear broth or bouillon Consommé	Beverages	Clear fruit juices, such as white cranberry, white grape, apple Soda, such as 7-Up®, Sprite®, ginger ale, seltzer, Gatorade® Black coffee (no cream) Tea
Sweets	Gelatin (such as Jello®) Flavored ices Sweeteners, such as sugar or honey, may be used		

AVOID	Any products with any particles of dried food or seasoning Anything red, purple, or orange Juice with pulp Nectars Milk or dairy Alcoholic beverages Excess carbonation
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