

LOW RESIDUE DIET

3 Days Prior to Your Procedure

Start the Low Residue Diet below. Following this diet will help your doctor see as much of your colon as possible. Residue on the colon may make it difficult to detect possibly cancerous polyps and lesions.

Low Residue Diet with foods to AVOID

- Corn of ANY kind
- Raw or dried fruits and vegetables, especially anything containing seeds, skins, stalks, or pulp:
 - salads, broccoli, brussels sprouts, cauliflower, cabbage, onions, asparagus, raw carrots, tomatoes, okra, cucumbers, squash, etc.
 - berries, oranges, grapefruit, kiwi, apple skins, prunes, figs, dates, raisins

Fruit juice with pulp (including prune juice)

- Peas and beans (black-eyed peas, black, lima, pinto, butter, navy, northern beans, etc.)
- Seeds: sunflower seeds, sesame seeds (including the ones on hamburger buns)
- Nuts: peanuts, walnuts, pecans, almonds, pistachios, etc.
- Bread products containing whole grains and/or bran:
 - multi-grain bread, whole wheat bread or crackers
 - any breads or crackers containing nuts, seeds, or fruit
 - granola, high fiber cereals, oatmeal, cereal with seeds, nuts, dried fruit, or coconut
- Tough, fibrous meats

Low Residue Diet with RECOMMENDED Foods:

- Strained juices (no pulp), coffee, tea, carbonated beverages, milk
- Ripe bananas
- Tender **cooked** and canned vegetables without skins or seeds: carrots, asparagus tips (no stalks), green beans, spinach
- Well-cooked tender meats such as beef, lamb, ham, pork, fish, chicken
- Smooth (not chunky) peanut butter
- White breads (avoid multi-grain or anything with seeds) including rolls, biscuits, muffins, crackers, waffles
- White rice, pasta, potatoes (without skin)
- Low fiber cereals (Rice Krispies, Corn Flakes, etc.)
- Bouillon, broth, cream soups, soups made with approved vegetables
- Eggs, yogurt, cheese, cottage cheese
- Sorbet, popsicles, ice cream