

Five days before your colonoscopy, begin a low fiber diet. If you accidentally eat something on the 'foods to avoid' list, your procedure will not be cancelled, but try your best to avoid these foods.

TYPES OF FOOD OR DRINK	OK TO EAT	FOODS TO AVOID
Milk and Dairy	<ul style="list-style-type: none"> • Milk, cream, ice cream • Yogurt, custard, pudding • Cheese, sour cream, cream cheese, cottage cheese • Strained cream-based soups 	<p>No yogurt, ice cream, or dairy products mixed with:</p> <ul style="list-style-type: none"> • No nuts, seeds, granola • No fruit with skins or seeds (such as grapes or berries)
Meats and Protein	<ul style="list-style-type: none"> • Tender cooked poultry, pork, ham, ground beef, veal, lamb, organ meats • Fish, seafood • Eggs • Tofu 	<p>No tough meat with gristle.</p>
Breads and Grains	<ul style="list-style-type: none"> • Breads and grains made with white flour (waffles, pancakes, cookies, cakes, crackers, rolls, muffins, bagels, pasta) • White rice • Low-fiber cereals (including rice cereals, corn flakes, cream of wheat) 	<p>No whole grains or high-fiber:</p> <ul style="list-style-type: none"> • No brown rice, wild rice, quinoa • No whole grain breads, rolls, crackers, pasta • No breads, crackers, cereals with nuts, seeds, dried fruit • No high-fiber cereals (oatmeal, granola, bran cereals)
Vegetables	<ul style="list-style-type: none"> • Tender cooked or canned vegetables without seeds, skin, or peel (including peeled carrots, turnips, asparagus tips, green or wax beans, mushrooms) • Soft-cooked and peeled potatoes • Peeled cucumbers, no seeds 	<p>No raw vegetables or vegetables with seeds, skin, or peel:</p> <ul style="list-style-type: none"> • No cabbage/sauerkraut, lettuce, spinach, kale • No corn • No winter or summer squash • No broccoli, cauliflower, brussel sprouts, onions, peppers • No legumes
Fruits	<ul style="list-style-type: none"> • Canned or cooked fruit without seeds or peel • Ripe honeydew and cantaloupe • Peeled peaches or apricots • Applesauce • Fruit juice without pulp 	<p>No skin, seeds, or membranes:</p> <ul style="list-style-type: none"> • No berries, apples, oranges, grapes, pineapple, watermelon • No cooked or canned fruits with seeds or skins • No raisins or dried fruits
Condiments	<ul style="list-style-type: none"> • Creamy peanut butter and almond butter • Butter, margarine, oils • Dressings without seeds or nuts • Ketchup, mustard, mayo 	<ul style="list-style-type: none"> • No coconut • Nothing with seeds or nuts • Nothing with added red or purple dye