

Low-Fiber Diet for Colonoscopy Preparation

Start this diet 5 days before your procedure.

A low-fiber diet helps clean out your colon so your doctor can see clearly during your colonoscopy.

What It Means

Fiber is found in foods like whole grains, raw fruits and vegetables, nuts, and seeds.

For a few days, choose foods that are **soft, plain, and easy to digest**.

Simple Rule:

If it's **white, soft, and smooth**, it's probably OK.

If it's **crunchy, seedy, or whole-grain**, skip it.

Foods You CAN Eat

- White bread, plain bagels, rolls, English muffins
 - White rice, plain pasta, noodles
 - Low-fiber cereals (Cream of Wheat, Rice Krispies, Cornflakes)
 - Eggs, chicken, turkey, fish, tender beef
 - Smooth peanut butter
 - Milk, cheese, yogurt (without fruit pieces)
 - Canned or cooked fruits and vegetables (no skins, peels, or seeds)
 - Broth-based soups (no beans or chunky vegetables)
 - Butter, oil, sugar, honey, jelly (without seeds)
 - Clear drinks: water, coffee, tea, apple or white grape juice, clear soda, lemonade
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Foods to AVOID

- Whole-grain or wheat breads, cereals, or pasta
- Brown rice, oatmeal, quinoa
- Raw fruits and vegetables, skins, peels, or seeds
- Nuts, seeds, popcorn, coconut
- Beans, lentils, peas
- High-fiber snack bars or granola

- Fruit juices with pulp
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⚠ Reminders

- **Follow your doctor's instructions** for when to stop solid foods and start a clear liquid diet.
 - **Drink plenty of clear fluids** to stay hydrated.
 - If you're unsure about a food, **check the nutrition label:**
 - **More than 2 grams of fiber per serving = too high.**
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When in doubt — keep it white, soft, and simple!