

Three days before your colonoscopy

Food and drink

Please follow the list below only:

TYPE OF FOOD OR DRINK	YES — OK TO EAT THESE FOODS	NO — AVOID THESE FOODS
Milk and dairy	OK to eat: Milk – Drops in tea / coffee Cheese, including cottage cheese Yogurt – plain/natural	NO yogurt mixed with: Nuts, seeds, granola Fruit with skin or seeds (such as berries)
Bread and grains	OK to eat: Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta) White rice Plain crackers, such as Saltines Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)	NO whole grains or high-fiber: Brown or wild rice Whole grain bread, rolls, pasta, or crackers Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal) Bread or cereal with nuts or seeds
Meat	OK to eat: Chicken – no skin Turkey – no skin Fish and seafood – no skin Eggs Tofu	NO tough meat with gristle or deep fried / grilled:
Legumes	None allowed	NO: Dried peas (including split or black-eyed) Dried beans (including kidney, pinto, garbanzo/chickpea) Lentils Any other legume
Fruits	OK to eat: Fruit juice without pulp Applesauce Ripe cantaloupe and honeydew Ripe, peeled apricots and peaches Canned or cooked fruit without seeds or skin	NO seeds, skin, membranes; or dried fruit: Raw fruit with seeds, skin, or membranes (includes berries, pineapple, apples, oranges, watermelon) Raisins or other dried fruit No canned pineapple

TYPE OF FOOD OR DRINK	YES — OK TO EAT THESE FOODS	NO — AVOID THESE FOODS
Vegetables	OK for some if cooked or canned: Pumpkin squash – no skin Sweet potato – no skin	NO raw, skin, seeds, peel; or certain other vegetables: Sweetcorn Potatoes with skin Tomatoes Cucumbers with seeds and peel Cooked cabbage or Brussels sprouts Green peas Summer and winter squash Lima beans Onions
Nuts, nut butter, seeds	None allowed	NO nuts or seeds: Nuts including peanuts, almonds, walnuts Chunky nut butter Seeds such as fennel, sesame, pumpkin, sunflower
Fats and oils	OK to eat: Butter Margarine Vegetable and other oils Mayonnaise Salad dressings made without seeds or nuts	NO salad dressing made with seeds or nuts
Soups	OK to eat: Broth, bouillon, consomme, and strained soups	NO: Unstrained soups Chili Lentil soup Dried bean soup Corn soup Pea soup
Desserts	OK to eat: Plain pudding Plain Ice cream – small quantity Sherbet or sorbet Rich tea biscuits Plain sponge cake	NO: Coconut Anything with seeds or nuts Anything with added red or purple dye Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts

One day before your colonoscopy

From 12noon do not eat any solid food until after your examination but drink plenty of clear fluids