

Low-Fiber & Low-Residue Diet for Colonoscopy Prep

A low-fiber/low-residue diet is for people who need to rest their intestinal tract. A low-residue/low-fiber diet limits the amount of food waste that has to move through the large intestine. This diet may help control diarrhea and abdominal cramping.

Keep in Mind

- Avoid any food made with seeds, nuts, or raw or dried fruit.
- Avoid whole-grain breads and cereals. Eat foods made from refined flour.
- Do not eat raw fruits and vegetables. Remove skins before cooking.
- Limit milk and milk products to two cups per day. Use lactose-reduced milk or lactase enzymes if you are lactose intolerant.
- Limit fats since these can increase stool bulk.
- Avoid tough, fibrous meats with gristle.



Foods to CHOOSE

Grains and Starches

- Enriched white bread, biscuits, and muffins
- Waffles, French toast, pancakes
- White rice, noodles, pasta and cooked potatoes (no skins)
- Rice Crispies, Corn Flakes, Special K

Fruits and Vegetables

- Strained fruit and veggie juice
- Canned or well cooked fruits and veggies such as ripe banana, soft cantaloupe, honeydew melon, asparagus tips, beets, green beans, carrots, acorn squash without seeds, tomato sauce

Dairy

- Milk, plain or flavored, yogurt, ice cream
- Cheese and cottage cheese

Protein

- Ground, well-cooked, tender beef, lamb, ham, veal, pork, fish, poultry, organ meat, and eggs

Other

- Margarine, butter, oils, mayonnaise, sour cream, salad dressing, plain gravy
- Sugar, clear jelly, honey, syrup
- Spices, cooked herbs, bouillon, broth, and soups
- Coffee, tea, carbonated drinks
- Plain cakes and cookies
- Gelatin (not red or purple), plain puddings, custard, sherbet, popsicles (not red or purple)
- Hard candy, pretzels



Foods to AVOID

GRAINS AND STARCHES

- ANYTHING WITH SEEDS OR NUTS
- WHOLE WHEAT BREADS
- POTATOES WITH SKIN, BROWN RICE
- GRANOLA, BRAN

FRUIT AND VEGETABLES

- PRUNES, RAW AND DRIED FRUIT, BERRIES
- RAW OR PARTIALLY COOKED VEGETABLES, SAUERKRAUT
- COOKED PEAS, WINTER SQUASH, BROCCOLI, BRUSSELS SPROUTS, CABBAGE, ONION, CAULIFLOWER, BAKED BEANS, CORN

PROTEIN

- TOUGH FIBROUS MEATS WITH GRISTLE
- NUT BUTTERS

OTHER

- COCONUT, JAM, MARMALADE, AND PRESERVES
- PICKLES, OLIVES, RELISH, HORSERADISH
- CANDY MADE WITH NUTS OR SEEDS
- POPCORN

If you have any questions, please contact our office at 610.866.0113.



Gastroenterology and Liver Disease