

# Low-Fiber & Low-Residue Diet for Colonoscopy Prep

A low-fiber/low-residue diet is for people who need to rest their intestinal tract. Chemotherapy treatments, radiation treatments, and surgery can cause trouble with digestion, especially for foods that are high in fiber. 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 and make eating more enjoyable.

## Points to 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

### Fruit 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

### Milk and 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, plain puddings, custard, sherbet, popsicles
- 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
- PEANUT BUTTER

### OTHER

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

IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET INSTRUCTION PLEASE FEEL FREE TO CONTACT OUR OFFICE STAFF AT 719-636-1201. WE ARE HAPPY TO ASSIST YOU

## Sample Diet Menu

Breakfast: Orange juice (without pulp), cream of wheat, scrambled egg, white bread, margarine, grape jelly, 1 cup of milk

Lunch: Apple juice, baked chicken, baked potato (no skin), cooked green beans, white bread, margarine, sherbet, water

Dinner: Roast beef, white rice, cooked carrots, white bread, margarine, canned pears, drink of choice

Snack: milk, graham crackers