

Low-residue and clear liquid diets

Below is a guideline of foods you can eat while following a low-residue diet before your procedure, as well as a list of clear liquids for that stage of the prep. In general, avoid anything tough or fibrous, and anything with whole grains, nuts, seeds, skins or red dye.

IMPORTANT!

A low residue diet will help you get the best results from your bowel prep. If you aren't sure if a food is low-residue, it is best to skip it while you are preparing for your procedure.



Food group	Foods allowed	Foods to avoid
Milk & Dairy	Milk, soy or nut milks (as long as they aren't gritty) ice cream, yogurt, cheese	No dairy product with pieces of nuts, seeds or fruit in it
Beverages	Coffee, tea, soda, juices with no pulp, Kool-Aid (without red dye), Boost, Ensure or other nutritional supplements without added fiber	No drinks with pulp, seeds, added fiber or prune juice
Breads, cereals & starches	Any refined breads including English muffins, pita, biscuits, muffins, crackers, pancakes, waffles, Cheerios, Cornflakes, Rice Krispies, white rice, refined pastas	No whole grains, oatmeal, granola, anything with seeds or nuts, corn bread, graham crackers, brown or wild rice, potato skins, quinoa
Fruits	Canned or cooked fruit without skins or seeds, apple sauce, ripe bananas, jellied cranberry sauce	No raw fruits (except ripe bananas), canned pineapple, oranges, mixed fruit, dried fruit, whole cranberry sauce, avocado
Vegetables	Tender, well-cooked canned or frozen vegetable with no seeds or skins, such as peeled carrots or beets, strained vegetable juice or tomato sauce	No raw vegetables or any cooked that are tough or fibrous such as broccoli, asparagus, spinach, etc.
Meat & meat substitutes	Cooked tender fish, poultry, beef, pork, eggs, tofu, smooth nut butters	No gristle, cold cuts or sausages, any meat substitute made with whole grains, seeds or pieces of nuts, beans, peas or lentils
Miscellaneous	Salt, sugar, ground or flaked spices, chocolate, any liquid or smooth condiment such as ketchup, soy sauce, mayo or jelly (but not jam or preserves)	No pepper, seed spices or other seeds, nuts, popcorn, pickles, olives

Clear Liquid Diet: Stay hydrated and drinks lots of clear liquids throughout the day!

When you reach the clear liquid stage of your prep, you may only have: water; light-colored sodas; tea or coffee (black only- no cream or milk); clear juices, Gatorade or other sports drinks (no red dye) chicken, beef, and vegetable broths; bouillon; Jell-O (no red Jell-O); and popsicles (no red popsicles).

No solid foods. No hard candy or gum, no drinks with red dye, no dairy, no juices with pulp, no alcohol.