



LOW FIBER DIET



A low-fiber diet before a colonoscopy reduces stool and residue so the doctor can clearly see the colon lining. Since fiber stays in the gut longer, removing it improves visibility, lowers the chance of missed polyps, and helps avoid repeat procedures.

Starting this diet two days before the test helps the bowel prep and laxatives work more effectively. You still eat solid foods—just ones that digest easily and leave little waste. This step is separate from the clear-liquid phase and is essential because poor prep is a major cause of unsuccessful colonoscopies.

Breads, cereals, grains	
<p>OK to eat</p> <ul style="list-style-type: none"> • White rice • Breads made from white flour • Pasta • Plain crackers such as saltines • Cream of wheat or rice 	<p>Do NOT eat (AVOID)</p> <ul style="list-style-type: none"> • Whole wheat bread, pasta, or crackers • Any breads with seeds or nuts • Whole grain or high fiber cereals including oatmeal
Dairy	
<p>OK to eat</p> <ul style="list-style-type: none"> • Plain yogurt • Cheese, including cottage cheese • Margarine or butter • Milk • Sour cream • Cream sauces and soups 	<p>Do NOT eat (AVOID)</p> <ul style="list-style-type: none"> • Yogurt mixed with fruits, nuts, or granolas
Meat, fish, poultry, protein and legumes	
<p>OK to eat</p> <ul style="list-style-type: none"> • Eggs • Ground meats • Skinless chicken • Turkey • Fish and seafood • Tofu • Creamy peanut or almond butter 	<p>Do NOT eat (AVOID)</p> <ul style="list-style-type: none"> • ALL legumes (beans, lentils, peas) • ALL nuts including peanuts, walnuts, almonds • Crunchy nut butters • Seeds such as sesame, chia, pumpkin, sunflower • Tough meat with gristle
Vegetables and fruits	
<p>OK to eat</p> <ul style="list-style-type: none"> • Fruit juice without pulp • Soft canned or cooked fruits without seeds or skins • Soft melons • Jelly without pulp or seeds • Applesauce • Cooked potatoes without skins • Cooked or canned veggies without seeds, stems or skins 	<p>Do NOT eat (AVOID)</p> <ul style="list-style-type: none"> • ALL raw berries / fruits, especially those with seeds and/or skins • Corn • Fresh uncooked veggies