



Bowel Prep Dietary Instructions

Although food is the joy of life, strict adherence to dietary guidelines prior to colonoscopy allows the optimal evaluation and care. The instructions are advised in clinic, but here are supplementary details for your reference. Your doctor may have specific instructions that defer from these and you should follow their specific advice.

Time Before Colonoscopy	General Instructions
2-3 days before	Low fibre diet – see below
1 day before up to lunch (12 noon)	white rice, fish, plain biscuit, noodle (without vegetables), beancurd or egg
After 12 noon the day before till colonoscopy (or fasting time for gastroscopy)	Clear fluid diet – see below

Low Fibre Diet (2-3 days before the colonoscopy)

Type of Food or Drink	Ok to Consume	Avoid These
Bread and grains	OK to eat: <ul style="list-style-type: none"> • White rice • White Bread (NO high-fibre white bread) • Pasta from refined flour (not whole grain) • Plain crackers, such as “soda” biscuit 	NO whole grains or high-fiber: <ul style="list-style-type: none"> • Brown or wild rice • Oats, Quinoa • Whole grain bread, rolls, pasta, or crackers • Whole grain or high-fiber cereal (including granola, , oatmeal) • Bread or cereal with nuts or seeds
Meat	OK to eat: <ul style="list-style-type: none"> • Chicken • Fish • Egg • Tofu 	NO tough meat with gristle
Legumes (Beans/Peas)	None allowed	NO: <ul style="list-style-type: none"> • Peas (including split or black-eyed) • Beans (including kidney, pinto, garbanzo/chickpea) • Lentils • Any other legume
Fruits	Not allowed except fruit juice without pulp – eg clear apple juice or orange juice WITHOUT the sacs.	NO Fruits!



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		<ul style="list-style-type: none"> • Raw fruit with seeds, skin, or membranes (includes berries, pineapple, apples, oranges, watermelon) • Any cooked or canned fruit with seeds or skin • Raisins or other dried fruit
Vegetables	<ul style="list-style-type: none"> • Potatoes without skin 	<p>NO raw, skin, seeds, peel; or certain other vegetables:</p> <ul style="list-style-type: none"> • All green leafy vegetables • Broccoli / cabbage • Corn • Potatoes with skin • Sweet potatoes • Onions • Tomatoes • Cucumbers • Green peas
Nuts, seeds	<ul style="list-style-type: none"> • None 	<p>NO nuts or seeds:</p> <ul style="list-style-type: none"> • Nuts including peanuts, almonds, walnuts • Chunky nut butter • Seeds such as fennel, sesame, pumpkin, sunflower
Milk and dairy	<p>OK to eat:</p> <ul style="list-style-type: none"> • Milk • Hot chocolate • Plain Yogurt 	<p>NO yogurt mixed with:</p> <ul style="list-style-type: none"> • Nuts, seeds, granola <p>Fruit with skin or seeds (such as berries)</p>
Fats and oils	<p>OK to eat:</p> <ul style="list-style-type: none"> • Butter • Margarine • Vegetable and other oils • Mayonnaise 	<p>NO salad dressing made with seeds or nuts</p>
Soups	<p>OK to eat:</p> <ul style="list-style-type: none"> • CLEAR Broth – eg clear chicken soup no vegetables. 	<p>No:</p> <ul style="list-style-type: none"> • Unstrained soups • Lentil soup • Dried bean soup • Corn soup • Pea soup
Desserts	<p>OK to eat:</p> <ul style="list-style-type: none"> • Ice cream • Sherbet or sorbet • Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts 	<p>NO:</p> <ul style="list-style-type: none"> • Coconut • Agar Agar • 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



Drinks or beverages	OK to eat: <ul style="list-style-type: none"> • Coffee • Tea • Hot chocolate or cocoa • Clear fruit drinks (no pulp) • Soda and other carbonated beverages • Ensure, Boost, 	NO: <ul style="list-style-type: none"> • Fruit or vegetable juice with pulp • Beverages with red or purple dye
Other	OK to consume: <ul style="list-style-type: none"> • Honey • Lemon juice 	NO: <ul style="list-style-type: none"> • Coconut • Popcorn • Jam • Marmalade • Pickles • Olives • Mustard

Clear Liquid Diet (AFTERNOON BEFORE COLONOSCOPY)

Liquids Only	Yes – Ok to Drink	No – Avoid These
	<ul style="list-style-type: none"> • Water • Tea and black coffee without any milk, creamer • Clear broth including chicken, or vegetable • Flavoured water without red or purple dye • Clear, light coloured juices such as apple, white grape, lemonade without pulp • Soda • Sports drinks such as 100 plus, Pocari and Gatorade (light colours only) 	<ul style="list-style-type: none"> • Alcoholic beverages • Milk • Smoothies • Milkshakes • Agar-Agar • Cream • Orange juice • Grapefruit juice • Tomato juice • Soup (other than clear broth) • Cooked cereal • Liquids with red or purple dye