

# Dietary Guidelines Handout

**Beginning ONE WEEK PRIOR to your procedure you will start a Low-Fiber and Low-Residue Diet.** It is important to avoid high-fiber and high-residue foods the week leading up to your procedure. Following this diet helps to ensure your colon is as clean as possible, so the physician can clearly see the lining of your colon. If you do not follow this guidance, your colon may not be adequately cleared which may greatly impact the quality of your prep. We may recommend repeating your procedure if the physician feels the quality of the procedure is inadequate based on poor bowel prep.

**Beginning 1-3 DAYS PRIOR to your procedure you will start a Clear Liquid Diet.** Review your procedure instructions for the exact day and time to start your clear liquid diet. Additionally, reference the clear liquid diet handout for dietary advice and restrictions for this period of your bowel preparation. If you did not receive these handouts, please contact our office.

	<b>YES – OK to Eat/Drink</b>	<b>NO – Avoid These</b>
<b>Nuts/Nut Butters</b>	<p><b>OK to eat:</b></p> <ul style="list-style-type: none"> <li>• Creamy/smooth peanut butter or other nut butters</li> <li>• Almond milk</li> <li>• Almond flour</li> </ul>	<p><b>NO:</b></p> <ul style="list-style-type: none"> <li>• Nuts, such as peanuts, almonds, walnuts, cashews, etc.</li> <li>• Chunky peanut butter or other nut butters</li> <li>• Seeds, such as sesame, sunflower, hemp, chia, flax, etc.</li> <li>• Granola or protein bars <u>if they contain</u> nuts</li> <li>• Avoid sauces (i.e., salsa, pasta sauce, pizza sauce) <u>if they contain</u> visible seeds</li> </ul>
<b>Seeds</b>	<p><b>OK to eat:</b></p> <ul style="list-style-type: none"> <li>• Fruits and vegetables <u>without</u> seeds, such as blueberries, bananas, etc.</li> <li>• Fruits and vegetables that you have removed the seeds from prior to eating, such as tomatoes, cucumbers, etc.</li> <li>• Jelly</li> </ul>	<p><b>NO:</b></p> <ul style="list-style-type: none"> <li>• Fruits or vegetables <u>with</u> seeds, such as strawberries, raspberries, and blackberries (unless the seeds are removed prior to eating)</li> <li>• Jam/marmalade</li> <li>• Yogurt <u>with</u> fruit containing seeds</li> </ul>
<b>Whole Grains</b>	<p><b>OK to eat:</b></p> <ul style="list-style-type: none"> <li>• White rice</li> <li>• White or <u>whole wheat</u> bread/bread products and crackers <u>without</u> visible <u>whole grains</u>, nuts, or seeds</li> <li>• Pasta made with white or <u>whole wheat</u> flour</li> <li>• Oat milk</li> <li>• Low-fiber breakfast cereals made with “whole grains”, such as Cheerios, Frosted Flakes, etc. (they are processed enough that they are okay to eat)</li> </ul>	<p><b>NO:</b></p> <ul style="list-style-type: none"> <li>• Brown rice or wild rice</li> <li>• Quinoa or couscous</li> <li>• Any <u>whole grain</u> bread/bread product or cracker</li> <li>• Any bread/bread product or cracker <u>with</u> visible nuts or seeds</li> <li>• High-fiber cereal, such as granola, raisin bran, Grape-Nuts, etc.</li> <li>• Oats including oatmeal, rolled oats, steel-cut oats, etc.</li> <li>• Popcom</li> </ul>