



What is a low-residue diet?

A low-residue diet is a low fiber diet.

In preparing for your colonoscopy, please avoid **high-fiber** foods such as: whole grains, nuts, dried fruits, seeds, and the skins or stalks of fruits and vegetables. Please drink milk in moderation and avoid coconut, corn, pickles, horseradish, relish, and popcorn. Remember that the value of the examination will depend on getting a thoroughly clean digestive tract.

Foods that comply with a low residue diet:					
Dairy & Eggs	Meats	Vegetables & Fruit	Grains	Sweets & Spices	Drinks
Milk: Ice cream, yogurt, butter, and puddings.	Turkey (without skin)	Potatoes: Boiled, baked, creamed, mashed, or sweet potatoes (no skins).	Pasta: Plain macaroni, noodles, spaghetti, or white rice.	Honey, white or brown sugar, or molasses.	Any beverage is fine.
Cheeses: Cottage cheese, American cheese, and cheese sauces.	Chicken (without skin)	Fruits: Applesauce or bananas (without skins or seeds).	Bread: White, Melba toast, or milk toast.	Salt, cinnamon, paprika, lemon, or vanilla.	<u>No fluids with pulp!</u>
Eggs: Soft or hard boiled, scrambled, poached, or soufflé.	Fish	Ensure fruits and vegetables are tender and/or well cooked.	Cereal: Cream of Wheat®, grits, corn flakes, or Rice Krispies®.	Hard candy & chocolate syrup.	



What is a clear liquid?

Any fluid you can see through.

A diet of clear liquids maintains vital body fluids, salts, and minerals; and also gives some energy for patients when normal food intake must be interrupted. Clear liquids are easily absorbed by the body. They reduce stimulation of the digestive system, and leave no residue in the intestinal tract. Remember that the value of the examination will depend on getting a thoroughly clean digestive tract.

Foods that comply with a clear liquid diet:							
Water	Jello® or Sorbet <i>(no green, red, or purple)</i>	Popsicles or fruit ices <i>(no green, red, or purple)</i>	Gatorade® <i>(no green, red, or purple)</i>	Crystal Light® <i>(no green, red, or purple)</i>	Clear Juices <i>(apple or white grape)</i>	Black coffee or Tea <i>(no milk or cream)</i>	Soda <i>(any type)</i>

Sample Menus:

Low Residue		
Breakfast	Lunch	Dinner
Orange juice <i>(no pulp)</i> Cornflakes poached egg white toast coffee <i>(with non-dairy creamer and sugar or substitute)</i>	Fish mashed potatoes <i>(no skins)</i> cooked carrots white bread with margarine applesauce coffee <i>(with non-dairy creamer and sugar or substitute)</i>	Chicken breast <i>(without skin)</i> baked potato <i>(without skin)</i> white bread with butter skim milk coffee <i>(with non-dairy creamer and sugar or substitute)</i>
Clear Liquids		
Breakfast	Lunch	Dinner
1 cup of strained fruit juice ½ cup of Jello® Hot tea with lemon and sugar or black coffee	¾ of a cup of broth 1 cup of strained fruit juice ½ cup of Jello® Hot tea with lemon and sugar or black coffee	1 cup of strained fruit juice ½ cup of Jello® Hot tea with lemon and sugar or black coffee