

Dietary Guidelines Handout

Beginning **ONE WEEK PRIOR** to your procedure you will need to eliminate certain foods from your diet. Following the dietary recommendations below will help 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 this handout, please contact our office.

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