

Please follow a **low-fiber** diet for **7 days** before your scheduled colonoscopy. This diet will assist in cleaning out the colon.

FOODS YOU CAN EAT ON A LOW FIBER DIET:

- White breads and pastas
- Cereals with less than 1 gram of fiber per serving
- Fruits and fruit juices without seeds or skins
- Tender meats such as chicken and fish
- Dairy products such as yogurt, cheese, and milk

FOODS YOU SHOULD NOT EAT:

- Beans, seeds, and nuts
- Dried fruit or fruit with skin
- Raw vegetables
- Whole grain cereal, pasta, and bread