



Digestive Health  
Associates & Center of Reno

## **Low Residue Diet**

A low residue diet limits fiber and other foods that may interfere with your bowel clean-out. If you follow a low residue diet before your colonoscopy, you will make it easier for your doctor to examine your colon and find polyps and reduce the risk of cancer.

Start a low residue diet 3 days before your colonoscopy.

### **Foods you MAY have:**

- Any clear drink (avoid red and purple)
- Breads
  - Refined (white) bread, bagels, rolls, English muffins, crackers, pancakes, waffles, pita
  - Refined cereals such as Rice Chex, Rice Krispies, Special K
  - Potatoes without skin
  - White rice
  - Pasta
- Fruit
  - Canned or cooked fruit without seeds
  - Applesauce
  - Banana
- Vegetables
  - Cooked vegetables without seeds
  - Vegetable juice
- Meat and protein
  - Cooked tender fish, poultry, beef, pork and ham
  - Eggs
  - Creamy peanut butter

### **Foods you SHOULD NOT have:**

- Any drink with pulp or seeds
- Any supplement with fiber
- Bread
  - Whole grain bread, cereal, or pasta
  - Oatmeal
  - Granola
  - Any bread, cereal, cracker or pasta made with seeds or nuts
  - Cornbread



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- Brown rice or wild rice
- Potato skins

### **More foods you SHOULD NOT have:**

#### **•Fruit**

- Raw fruit (bananas are OK)
- Canned pineapple, oranges, grapefruit
- Dried fruit
- All berries and melons
- Coconut
- Avocado

#### **•Vegetables**

- All raw vegetables (NO lettuce, onion, celery, cucumber, mushrooms & spinach)
- All vegetables with seeds
- Tough fibrous cooked vegetables, such as: artichokes, asparagus, beans, broccoli, brussel sprouts, cabbage, cauliflower, celery, corn (NO CORN!), cucumber, eggplant, mushrooms, peas, peppers, sauerkraut, spinach, tomatoes, squash and zucchini

#### **•Meat and protein**

- Tough fibrous meat such as steak, pork chop
- Gristle
- Hot dogs with skin on
- Salami & cold cuts
- Crunchy peanut butter

#### **•Other**

- Popcorn
- Seeds and nuts

Please call the office during regular business hours for any questions 775-829-8855

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