



Low Residue Diet

A low residue diet limits fiber and other foods that may interfere with your bowel cleanout. Following a low residue diet before your colonoscopy will make it easier for your doctor to examine your colon and find polyps to reduce the risk of cancer.

Start a low residue diet **3 days prior** to your colonoscopy.

Recommended Foods:	Foods to Avoid:
Breads: Refined (white) bread, bagels, rolls, English muffins, crackers, pancakes, waffles Refined cereals such as Rice Chex, Rice Krispies, Special K Potatoes without skin White rice, pasta	Breads: Whole grain bread, cereal, or pasta Oatmeal or granola Any bread, cereal, cracker, or pasta made with seeds or nuts Cornbread Brown rice or wild rice Potato skins
Fruit: Canned or cooked fruit without seeds Applesauce Banana	Fruit: Raw fruit, berries, melons, coconut, and avocado (bananas are OK) Canned pineapple, oranges, or grapefruit Dried fruit
Vegetables: Cooked vegetables without seeds Vegetable juice	Vegetables: All raw vegetables (lettuce, onion, celery, cucumber, mushrooms, spinach) All vegetables with seeds Tough, fibrous vegetables (artichoke, asparagus, beans, broccoli, Brussel sprouts, cabbage, cauliflower, celery, CORN, eggplant, peas, peppers, sauerkraut, spinach, tomatoes, squash, zucchini)
Meat and protein: Cooked tender fish, poultry, beef, pork, or ham Eggs, Creamy peanut butter	Meat and protein: Tough, fibrous meat such as steak or pork chops Hot dogs with skin, Salami or cold cuts Crunchy peanut butter
	Other: popcorn, seeds or nuts

Nothing red or purple in color

Questions?

Call our office during regular business hours (775) 829-8855.

Procedure Location:

5250 Kietzke Lane

Reno, NV 89511

*Clear liquid diet, frequently asked questions, procedure tips and more can be found at
www.digestivehealthreno.com