

Low Fiber Diet

2 Days Before the exam

Suggested menu for two (2) days **before** the exam starting with lunch:

Lunch	Dinner
Soup	Soup
Fish/white meat chicken	Fish/white meat chicken
White rice	White rice, pasta or potato
Bread/cracker	Bread/cracker
Dessert/fruit	Dessert/fruit

Following the suggested diet will improve the performance of the bowel preparation and enhance the diagnostic accuracy of the procedure.

	ALLOWED	PLEASE AVOID
Dairy:	Limit to 2 cups Use low fat products; milk, plain yogurt	Yogurt with fruit skins or seeds; strongly flavored cheeses
Meat:	Plainly prepared; fish, poultry, eggs	Added fats, gravies, fried sauces, heavy seasonings, peanut butter
Potato/Substitute:	White rice, spaghetti, noodles/macaroni, potato with no skin	Potato with skin, brown rice
Bread/Cereal	White (refined) breads, saltine crackers, cooked rice	Whole grain (graham, bran, cornmeal) breads, corn crackers & cereals, popcorn
Fruit/Fruit Juices	Clear fruit juices, canned fruit (no seeds, skin, or membranes)	Raw fruits, raisins, dried fruits, prunes/prune juice, skins
Beverages:	Coffee (limited), fruit flavored drinks, tea, carbonated drinks	All other
Soup:	Bouillon/broth, strained soups, soups made with allowed vegetables, and meats	All other
Dessert:	Gelatin, fruit ice, Popsicle	Coconut, nuts, seeds, hard clear candies, fruits that are not allowed on this list
Miscellaneous:	Salt, Pepper, jelly, sugar, honey, syrup	Cloves, garlic, seed spices, chili sauce, barbecue sauce, any strongly flavored spice or sauce, mustard, jam, marmalade