

**3 DAYS PRIOR TO YOUR PROCEDURE,
(NOT INCLUDING YOUR PREP DAY)**

Begin a Low-Residue Diet

What is a low-residue diet?

Suggested foods:

These are examples of food low in fiber and easily digestible.

- Pancakes with butter and syrup
- White bread
- White rice
- Eggs
- Ripe bananas, avocados, soft cantaloupe
- Lean meats (chicken, boneless fish, pork, ground beef)
- Potatoes (no skin) with sour cream and butter
- Smooth peanut butter
- Mushrooms, spinach

Foods to AVOID:

- Fruits
- Nuts
- Anything with seeds
- Red meats
- Brown rice
- Raw vegetables
- Cheese