

Gastroenterologist of Ocean County  
PREP DIET INSTRUCTIONS

Examples of Low Fiber/Low Residue food to EAT (during the 7 day period leading up to your procedure)	Examples of High Fiber food to AVOID on Low Fiber/Low Residue days
<ul style="list-style-type: none"> <li>✓ Meat (without seeds)</li> <li>✓ Eggs, Tofu, Creamy peanut butter</li> <li>✓ Dairy products- milk, yogurt, cheese, ice cream, butter</li> <li>✓ Pasta/noodles- white pasta</li> <li>✓ White rice</li> <li>✓ Breads &amp; Crackers- white or light wheat (avoid bran, seeds &amp; nuts)</li> <li>✓ Pancakes and Waffles – plain</li> <li>✓ Potatoes- mashed or fried *Avoid skins</li> <li>✓ Sauces- pureed</li> <li>✓ Salt, Sugars, Sweeteners &amp; Syrups, seedless jams and jelly, creamy peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>✗ Fruits and vegetables with small seeds and skins- strawberries, raspberries, blackberries, kiwi, figs, watermelon, tomatoes, cucumbers, okra</li> <li>✗ Poppy seeds, sesame seeds, flax seeds, chia seeds</li> <li>✗ Beans</li> <li>✗ Celery, onions, lettuces, cabbage</li> <li>✗ <b>Breads with seeds</b></li> <li>✗ Pepper &amp; herbs</li> <li>✗ Corn &amp; popcorn</li> <li>✗ Fiber supplements- psyllium (Metamucil)</li> <li>✗ High fiber cereals, oatmeal, granola, whole grains, grits</li> <li>✗ Nuts, dried fruits</li> <li>✗ Raw vegetables (cooked is OK)</li> <li>✗ Leafy greens</li> </ul>
All clear liquids are allowed	
Clear liquids to drink on clear liquid day(s)	Do NOT drink these on clear liquid day(s)
<ul style="list-style-type: none"> <li>✓ Water/flavored waters</li> <li>✓ Jello (not red or purple)</li> <li>✓ <b>Black</b> coffee or tea</li> <li>✓ Apple juice</li> <li>✓ Fat free broth</li> <li>✓ Popsicles (not red/purple)</li> <li>✓ Powdered drink mix (Tang, Crystal Lite)</li> <li>✓ Sports drinks</li> <li>✓ White grape juice</li> </ul>	<ul style="list-style-type: none"> <li>✗ Red or purple liquids</li> <li>✗ Any juice with pulp</li> <li>✗ Milk products</li> <li>✗ Alcohol</li> <li>✗ Tomato juice</li> </ul>

FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN CANCELLATION OF YOUR PROCEDURE