

Gastroenterologist of Ocean County  
**PREP DIET INSTRUCTIONS**

<b>Examples of Low Fiber/Low Residue food to EAT</b> (during the 7 day period leading up to your procedure)	<b>Examples of High Fiber food to AVOID on Low Fiber/Low Residue days</b>
<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- mased or fried *Avoid skins</li> <li>✓ Sauces- pureed</li> <li>✓ Salt, Sugars, Sweeteners &amp; Syrups, seedless jams and jelly, creamy peanut butter</li> </ul> <p>All clear liquids are allowed</p>	<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>⊗ Breads <b>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>
<b>Clear liquids to drink on clear liquid day(s)</b>	<b>Do NOT drink these on clear liquid day(s)</b>
<ul style="list-style-type: none"> <li>✓ Water/flavored waters      ✓ Carbonated drinks</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**