

# Diet Instructions for Golytely Colonoscopy Prep

## Low Fiber Diet (Two days before your colonoscopy)

### Choose these foods:

- Tender meat, fish or poultry, ham, bacon, shellfish, and lunch meat
- Eggs, tofu or creamy peanut butter
- Dairy products if tolerated
- White rice or pasta
- Baked goods made with refined wheat or rye flour, such as bread, biscuits, pancakes, waffles, bagels, saltines or graham crackers
- Hot and cold cereals that have less than 2 grams of dietary fiber in a single serving, such as those made from rice
- Canned or well-cooked potatoes, carrots or green beans
- Plain tomato sauce
- Vegetable and fruit juices
- Applesauce or canned peaches (no skin)
- Butter, margarine, oils or salad dressings without seeds

### Avoid these foods and products containing:

- Nuts, seeds, dried fruit and coconut
- Whole grains, popcorn, wheat germ and bran
- Brown rice, wild rice, oatmeal, granola, shredded wheat, quinoa, bulgur and barley
- Dried beans, baked beans, lima beans, peas and lentils
- Chunky peanut butter
- Raw (fresh) fruits or vegetables

## No Fiber Diet (The day before your colonoscopy)

### Breakfast:

- 2 eggs (fried or boiled) or 1 ounce cheese
- One-half cup milk
- Two slices white (no fiber added) bread
- One tablespoon butter or margarine

### Lunch:

- Three ounces of meat (beef, chicken, or fish)
- One-half cup of cooked white rice
- One-half cup of ice cream

### Dinner (No solid food after 2 p.m.):

- Three ounces of cheese or 2 eggs (fried or boiled)
- One cup of Jell-O
- One-half cup of milk or yogurt or pudding

### Liquids:

- You may have clear liquids anytime during the day
- Water
- Soft drinks (no cola or root beer)
- Tea
- Clear fruit juices (without pulp)
- Jell-O
- Hard Candies
- Popsicles (without fruit or cream)
- Gatorade
- Broth
- Coffee (no creamer)
- Powerade

**DO NOT drink or eat anything RED, PURPLE, or BLUE colored.**

It is very important you do not eat more solid foods than listed for each day. Eating more can change your prep results. If your prep results are poor, your test may be canceled and rescheduled to make sure you have the best exam possible.

**Remember DO NOT drink or eat anything RED, PURPLE or BLUE colored.**