

# Diet Instructions for MiraLAX 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 or 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

## Clear Liquid Diet (The day before your colonoscopy)

### Foods to include:

- Water
- Flavored Waters
- Kool-Aid
- Clear Broths (Chicken, Beef, or vegetable)
- Juice without pulp
  - » Apple
  - » White Grape
- Lemonade
- Soda/Pop
- Sports Drinks
  - » Gatorade or Gatorade Zero
  - » Powerade or Powerade Zero
- Tea
- Gelatin/Jell-O (without fruit)
- Popsicles (without fruit or cream)
- Coffee (without cream)

### Do not have:

- Coffee with cream
- Milk or Cream
- Milkshakes
- Smoothies
- Orange Juice
- Grapefruit Juice
- Tomato Juice
- Soups other than clear broth
- Oatmeal
- Yogurt

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