

Colonoscopy One Day Diet Plan

****PLEASE DO NOT STRAY FROM THE FOODS AUTHORIZED ON THIS LIST****

DIET PLAN: DAY BEFORE COLONOSCOPY– TILL 12 NOON

- Foods OK to eat until 12:00pm (Noontime) ONLY
- ONLY items on the following list are acceptable
- After 12 noon, you will only be able to have clear liquids

<ul style="list-style-type: none"> • Scrambled eggs • French toast • Hot chocolate • Coffee or tea • Milk • Cheese • Plain vanilla yoghurt • Bread made with white flour (no whole-grain or high fiber) • Turkey or ham deli slices 	<ul style="list-style-type: none"> • White rice • Shrimp • Fish • Mayonnaise • Pasta with Alfredo sauce (no tomatoes) • Sugar, salt, pepper, honey • Plain vanilla or chocolate ice cream • Plain vanilla or chocolate pudding
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Diet- Day before Colonoscopy 12 noon- 12 midnight

- ONLY FOR DIABETICS: Avoid Sugar free items on the day before your colonoscopy

YES – OK TO EAT	NO – AVOID THESE FOODS
<ul style="list-style-type: none"> • Water • Soda • Tea and black coffee <i>without any milk, cream, or lightener</i> • Flavored water <i>without red or purple dye</i> • Clear, light colored juices such as apple, white grape, lemonade without pulp, and white cranberry • Clear broth including chicken, beef, or vegetable • Sports drinks such as Gatorade and Propel (light colors only) • Popsicles without fruit or cream; no red or purple dye • Boost Breeze Tropical Juice drink • Jello (No red or purple) 	<ul style="list-style-type: none"> • Alcoholic beverages • Milk • Smoothies • Milkshakes • Cream • Orange juice • Grapefruit juice • Tomato juice • Soup (other than clear broth) • Cooked cereal • Juices, popsicles, or gelatins with red or purple dye

Day of Colonoscopy

- **DO NOT** eat or drink anything after midnight, you are fasting until the procedure is over.
- **ONLY** your blood pressure, seizure, or anxiety medications are to be taken in the early morning with a tiny sip of water, if you have asthma, bring your inhalers
- You **CANNOT** drive the entire day, you will need a ride home
- Remove all your jewelry and leave it at home
- Bring an extra pair of underwear in case of accidents
- **ONLY FOR DIABETICS:** do not take insulin or diabetes medications on the day of your procedure.