

# 2 Day Colonoscopy Diet Plan

## ONLY FIRST DAY OF PREP

### *Colonoscopy diet: 2 Days before procedure*

- 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
    - 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

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

# 2 Day Colonoscopy Diet Plan

## Colonoscopy Diet: 1 day before procedure

Type	Yes – OK to eat	No – avoid these foods
Clear liquids and limited drinks only	<ul style="list-style-type: none"><li>• Water</li><li>• Tea and black coffee without any milk, cream, or lightener</li><li>• Flavored water without red or purple dye</li><li>• Clear, light colored juices such as apple, white grape, lemonade without pulp, and white cranberry</li><li>• Clear broth including chicken, beef, or vegetable</li><li>• Soda</li><li>• Sports drinks such as Gatorade and Propel (light colors only)</li><li>• Popsicles without fruit or cream; no red or purple dye</li><li>• Jello-O or other gelatin without fruit; no red or purple dye</li><li>• Boost Breeze Tropical Juice drink</li></ul>	<ul style="list-style-type: none"><li>• Alcoholic beverages</li><li>• Milk</li><li>• Smoothies</li><li>• Milkshakes</li><li>• Cream</li><li>• Orange juice</li><li>• Grapefruit juice</li><li>• Tomato juice</li><li>• Soup (other than clear broth)</li><li>• Cooked cereal</li><li>• Juice, Popsicles, or gelatins with red or purple dye</li></ul>

**DIABETICS** – Take your medications and insulin as usual but avoid sugar-free items the day before colonoscopy. Do not take your insulin or diabetic drugs on the day of the procedure until after the colonoscopy.

## NOTHING TO EAT OR DRINK AFTER MIDNIGHT

### Day of colonoscopy

- 1) Take blood pressure medications or seizure medications with a sip of water and use inhalers if you have them – All other medications should be taken after the procedure
- 2) You are fasting till the colonoscopy is over
- 3) You cannot drive after the colonoscopy so you need a ride
- 4) Remove all your jewelry
- 5) Bring extra pair of underwear in case of accidents