

## Low Fiber Diet Guidelines

<b>Foods Recommended</b>	<b>Foods to Avoid</b>
<p><b>Breads, Cereal, Rice and Pasta:</b></p> <ul style="list-style-type: none"> <li>• White bread, rolls, biscuits, and tortillas</li> <li>• Waffles, French toast, and pancakes</li> <li>• White rice, noodles, pasta, macaroni and peeled cooked potatoes</li> <li>• Plain crackers, Saltines</li> <li>• Cooked cereals: Cream of Rice</li> <li>• Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes</li> </ul>	<p><b>Breads, Cereal, Rice and Pasta:</b></p> <ul style="list-style-type: none"> <li>• Breads or rolls with nuts, seeds or fruit</li> <li>• Whole wheat, pumpernickel, rye breads and cornbread</li> <li>• Potatoes with skin, brown or wild rice, and kasha (buckwheat)</li> </ul>
<p><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>• Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans</li> <li>• <b><u>NO CORN</u></b></li> </ul>	<p><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>• Raw or steamed vegetables</li> <li>• Vegetables with seeds</li> <li>• Winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, peas and <b>CORN</b></li> </ul>
<p><b>Fruits:</b></p> <ul style="list-style-type: none"> <li>• Strained fruit juice</li> <li>• Canned fruit juice</li> <li>• Canned fruit, except pineapple</li> <li>• Ripe bananas</li> <li>• Melons</li> </ul>	<p><b>Fruits:</b></p> <ul style="list-style-type: none"> <li>• Prunes and prune juice</li> <li>• Raw or dried fruit</li> <li>• All berries, figs, dates and raisins</li> </ul>
<p><b>Milk/Dairy:</b></p> <ul style="list-style-type: none"> <li>• Milk, plain or flavored</li> <li>• Yogurt, custard, and ice cream</li> <li>• Cheese and cottage cheese</li> </ul>	<p><b>Milk/Dairy:</b></p> <ul style="list-style-type: none"> <li>• Yogurt with nuts or seeds</li> </ul>
<p><b>Fats, Snack, Sweets, Condiments, and Beverages:</b></p> <ul style="list-style-type: none"> <li>• Margarine, butter, oils, mayonnaise, sour cream and salad dressing</li> <li>• Plain gravies</li> <li>• Sugar, clear jelly, honey, and syrup</li> <li>• Spices, cooked herbs, bouillon, broth, and soups made with allowed vegetables</li> <li>• Coffee, tea, and carbonated drinks</li> <li>• Plain cakes, cookies, crackers, chips and candy</li> <li>• Gelatin, plain puddings, custard, ice cream, sherbet, popsicles</li> </ul>	<p><b>Fats, Snack, Sweets, Condiments, and Beverages:</b></p> <ul style="list-style-type: none"> <li>• Nuts, seeds, and coconut</li> <li>• Jam, marmalade, preserves</li> <li>• Pickles, olives, relish and horseradish</li> <li>• All desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains</li> <li>• Candy made with nuts or seeds</li> <li>• Popcorn</li> <li>• Crackers and snack chips made with whole grains or seeds</li> </ul>
<p><b>Meat and other proteins:</b></p> <ul style="list-style-type: none"> <li>• Well-cooked tender beef, lamb, ham, veal, pork fish, poultry and organ meats.</li> <li>• Eggs</li> <li>• Peanut butter without nuts</li> </ul>	<p><b>Meats and other proteins:</b></p> <ul style="list-style-type: none"> <li>• Dry beans, peas and lentils</li> <li>• Peanut butter with nuts</li> <li>• Tofu</li> </ul>

### Tips for Colon Cleansing

- **DO NOT** use over the counter hydrocortisone creams or hemorrhoid treatments. They may cloud the scope lens and make the test inaccurate. You may want to purchase alcohol free baby wipes or tucks wipes to ease anal irritation.
- Set a timer for every 10-30 minutes (timing depends on your prep instructions); drink the whole glass quickly. The action of this preparation is partly a “flushing” or “dumping” syndrome: if it goes in quickly (dumping it in), it will aid in the colon cleansing.
- Even if you are sitting on the toilet, continue to drink every 10-30 minutes (depending on your prep instructions).
- Expect that you will be uncomfortable until the stool has cleared from your bowel.
- If you experience nausea or vomiting, rinse your mouth with water, take 15 to 30 minute break and then continue drinking the prep solution.
- Eventually your stools will be liquid, and clear enough so that you can see the bottom of the toilet. Continue drinking until the solution is gone.



## COLONOSCOPY INSTRUCTIONS

**Procedure Date:** \_\_\_\_\_ \*Surgery Center of Idaho (SCI) will contact you with arrival time

➤ **LOCATION:** Colonoscopy will be performed at the **Surgery Center of Idaho (SCI)** located at

**2855 E. Magic View Dr. Ste. A, Meridian, ID 83642**

➤ **BRING DRIVER:** The procedure involves anesthesia. **You will not be allowed to leave office unaccompanied. You will not be able to drive or work the day of the colonoscopy, but the following day is back to normal activities.** Have someone bring you to your procedure and wait in the lobby for post procedure instructions. Our policy requires a responsible adult escort you from the Endoscopy suite and drive you home. **You may not meet your ride in the parking lot. NO TAXI/UBER/LYFT.**

➤ **PREP MEDICATIONS:** Your bowel prep is a prescription that will be sent to your chosen pharmacy. You can choose between Suprep, which may have a higher cost, **OR** PEG 3350 (also called Golytely Gavilyte, NuLytely) that are more affordable.

➤ **You will need to purchase one bottle of Infant's Simethicone drops in addition to your prescription bowel prep- these are over the counter and available in most stores and pharmacies.**

➤ **If you choose to do the PEG 3350 (Golytely), prep you will need to purchase Dulcolax Laxative tablets- these are available over the counter in most stores and pharmacies.**

➤ **QUESTIONS:** Please call with any questions. Our office # is **208-463-3008** or non-urgent questions can be sent through the WEB patient portal.

SPECIAL INSTRUCTIONS: \_\_\_\_\_

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