

2080 Clinton Avenue South  
 Rochester, N.Y. 14618  
 Phone: (585) 271-2800

**Colonoscopy Preparation Instructions: Low-Residue Diet Prep**  
 Please read instructions at least 1 week before your scheduled procedure.

You are scheduled for a Colonoscopy with \_\_\_\_\_

Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

|                                                       |                                                               |                                                                     |                                            |                                                                              |
|-------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------|------------------------------------------------------------------------------|
| GGR<br>2080 Clinton Ave. South<br>Rochester, NY 14618 | Highland Hospital<br>1000 South Avenue<br>Rochester, NY 14620 | FF Thompson Hospital<br>350 Parrish Street<br>Canandaigua, NY 14424 | UMMC<br>127 North St.<br>Batavia, NY 14020 | Westfall Surgery Center<br>1065 Senator Keating Blvd.<br>Rochester, NY 14618 |
|-------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------|------------------------------------------------------------------------------|

**Days 3 and 2 Prior to Procedure**

- Eat only low-fiber foods listed below.

**1 Day Prior to Procedure**

- Eat only low-fiber foods listed below until 6pm, start the preparation prescribed and follow clear-liquid diet. **Go to Page 3.**

**Low-Residue Diet**

**Milk and Dairy**

Milk

**Acceptable Foods**

**Do NOT Consume**

Cream

Hot Chocolate  
 Buttermilk  
 Cheese, including Cottage Cheese  
 Yogurt  
 Sour Cream

Nuts, seeds, granola  
 berries)

Fruit with skin or seeds (such as

**Bread and Grains**

**Acceptable Foods**

**Do NOT Consume**

Breads and grains made w/ refined white flour (including rolls, muffins, Bagels, pasta)  
 White Rice  
 Plain crackers, such as Saltines  
 Low-Fiber cereal (including puffed rice, cream of wheat, corn flakes)

Brown or wild rice  
 Whole grain bread, rolls, pasta, or crackers  
 Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal)  
 Bread or cereal with nuts or seeds

**Meat**

**Acceptable Foods**

**Do NOT Consume**

Chicken  
 Turkey  
 Lamb  
 Lean Pork  
 Veal  
 Fish and Seafood  
 Eggs  
 Tofu

NO tough meat with gristle

**Legumes**

**Acceptable Foods**

**Do NOT Consume**

None allowed      Dried Peas (including split or black-eyed)  
 Dried beans (including kidney, pinto, garbanzo/chickpea)  
 Lentils

|                               |                                                                                                                                                                                                                                                |                                                                                                                                                                                                                      |
|-------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                               |                                                                                                                                                                                                                                                | Any other legume                                                                                                                                                                                                     |
| <b>Fruits</b>                 | <b><u>Acceptable Foods</u></b><br>Fruit Juice<br>Applesauce<br>Ripe cantaloupe and honeydew<br>Ripe, peeled apricots and peaches<br>Canned or cooked fruit without seeds or skin                                                               | <b><u>Do NOT Consume</u></b><br>Raw fruit with seeds, skin or membranes (including berries, pineapple, apples, oranges, watermelon)<br>Any cooked or canned fruit with seeds or skin<br>Raisins or other dried fruit |
| <b>Vegetables</b>             | <b><u>Acceptable Foods</u></b><br>Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips)<br>Potatoes without skin<br>Cucumbers without seeds or peel                                   | <b><u>Do NOT Consume</u></b><br>Corn<br>Potatoes with skin<br>Tomatoes<br>Cucumbers with seeds and peel<br>Cooked cabbage or brussel sprouts<br>Green peas<br>Summer and winter squash<br>Lima beans<br>Onions       |
| <b>Nut, Nut Butter, Seeds</b> | <b><u>Acceptable Foods</u></b><br>Creamy (smooth) peanut or almond butter                                                                                                                                                                      | <b><u>Do NOT Consume</u></b><br>Nuts including peanuts, almonds, walnuts<br>Chunky nut butter<br>Seeds such as fennel, sesame, Pumpkin, sunflower                                                                    |
| <b>Fats and Oils</b>          | <b><u>Acceptable Foods</u></b><br>Butter<br>Margarine<br>Vegetable and other oils<br>Mayonnaise<br>Salad dressings made without seeds or nuts                                                                                                  | <b><u>Do NOT Consume</u></b><br>NO salad dressing made with seeds or nuts<br>Fish Oil                                                                                                                                |
| <b>Soups</b>                  | <b><u>Acceptable Foods</u></b><br>Broth, bouillon, consommé, and strained soups<br>Milk or cream-based soup, strained                                                                                                                          | <b><u>Do NOT Consume</u></b><br>Unstrained soups<br>Chili<br>Lentil soup<br>Dried bean soup<br>Corn soup<br>Pea soup                                                                                                 |
| <b>Desserts</b>               | <b><u>Acceptable Foods</u></b><br>Custard and plain pudding<br>Ice cream and sherbet or sorbet<br>Jell-O/gelatin, without added fruit or red or purple dye<br>Cookies/cake made with white flour, prepared without seeds, dried fruit, or nuts | <b><u>Do NOT Consume</u></b><br>Coconut<br>Anything with seeds or nuts<br>Anything with red or purple die added<br>Cookies or cakes made whole grain flour, seeds, dried fruit or nuts                               |
| <b>Drinks or beverages</b>    | <b><u>Acceptable Foods</u></b><br>Coffee<br>Tea<br>Hot chocolate or cocoa<br>Clear fruit drinks (no pulp)<br>Soda and other carbonated beverages<br>Ensure, Boost, or Enlivens without added fiber                                             | <b><u>Do NOT Consume</u></b><br>Fruit or vegetable juice with pulp<br>Beverages with red or purple dye                                                                                                               |
| <b>Other</b>                  | <b><u>Acceptable Foods</u></b><br>Sugar<br>Salt<br>Jelly<br>Honey<br>Syrup<br>Lemon Juice                                                                                                                                                      | <b><u>Do NOT Consume</u></b><br>Coconut<br>Popcorn<br>Jam<br>Marmalade<br>Relishes<br>Pickles<br>Olives                                                                                                              |

**Starting 1 Day Prior to Procedure at 6pm**

- Mix the first dose of prep with water.
- Drink an 8oz glass every 20 minutes until the solution is gone.
- After drinking the solution, drink 2 additional 16oz cups of clear liquid.
- No solid food to be consumed, clear-liquids only, starting at 6pm on this day prior to your procedure.

**Clear Liquid Diet****Clear Liquids and Limited  
Light Color Drinks**

**Acceptable Foods**

Water  
 Tea and black coffee without any milk,  
 cream or lightener  
 Flavored water without red or purple dye  
 Clear, light colored juices such as apple,  
 white grape, lemonade without pulp,  
 and white cranberry  
 Clear broth including chicken, beef, or vegetable  
 Soda  
 Sports drinks such as Gatorade and Propel  
 (light colors only)  
 Popsicles without fruit or cream  
 No red or purple dye  
 Jell-O or other gelatin without fruit  
 No red or purple dye  
 Boost Breeze Tropical Juice drink

**Do NOT Consume**

Alcoholic beverages  
 Milk  
 Smoothies  
 Milkshakes  
 Cream  
 Orange juice  
 Grapefruit juice  
 Tomato juice  
 Soup (other than clear broth)  
 Cooked cereal  
 Juice, popsicles or gelatins with  
 RED OR PURPLE DYE

**Morning of Procedure at AM** (6 hours prior to procedure time)

- Mix the second dose of prep with water.
- Drink an 8oz glass every 20 minutes until the solution is gone.
- After drinking the solution, drink 2 additional 16oz cups of clear liquid.
- **Do not eat or drink anything 4 hours prior to your scheduled procedure.**

**Additional Information:****Required Adult Driver:**

- **A responsible adult must accompany you, stay with you during your procedure, and drive you home.**
- Plan to be at our facility for 1.5-2 hours.
- Responsible adult supervision is recommended for 12-24 hours after discharge from our facility.
- You are unable to return to work for the duration of the day.
- You are unable to drive for the remainder of the day.

**Colonoscopy Tips:**

- Continue to drink clear liquids while taking your bowel preparation.
- It may be helpful to drink the bowel preparation with a straw.
- It may be helpful to drink the bowel preparation over ice.
- Vaseline or A&D ointment may be applied to the rectal area after each bowel movement.
- You are prepped once the stool is the color of urine.
- You may want to wear an adult diaper at night to avoid leakage.

**For Diabetic Patients:**

- If you take oral medication to control your diabetes and have a morning procedure (before noon),

HOLD oral medication the night before the procedure and the morning of the procedure.

- If you take oral medication to control your diabetes and have an afternoon procedure, HOLD oral medication the day of the procedure ONLY.
- If you require insulin to control your diabetes, take half of your usual dose the evening prior to the procedure.

Jewelry:

Please do NOT wear metal jewelry to your appointment as all must be removed prior to your procedure.

Travel Plans:

In the event that a polyp is removed, we do not recommend traveling until 14 days following your procedure.

Insurance:

There may be a co-pay at the time of your procedure visit depending on your insurance provider.

Possible Delays:

Although your physician tries their best to stay on time, sometimes issues do arise results in a delay of your start time. We do realize that your time is very important. We will try our best to prevent those instances from occurring.

Cancellations:

If you need to cancel your procedure, please call at least 48 hours prior to your scheduled procedure time. Failure to call 48 hours prior to your scheduled procedure will result in a \$200 cancellation fee.

If you have any questions after reviewing these instructions, please call our office at (585) 271-2800.