Colonoscopy Prep Diet

3 Days Prior to Your Procedure

- Avoid whole grains, nuts, corn, and seeds
  1. This includes granola, 7 grain breads, whole grain pasta, brown rice, quinoa, etc.
  2. Seeds include cucumbers, poppy seeds, popcorn, sunflower seeds, etc.

Suggestions for Clear Liquids

A clear liquid is anything you can hold up to the light and see through. You **MAY NOT** have anything red or purple

- Water
- Coffee (without milk or cream)
- Tea (without milk or cream)
- Carbonated beverages (Coke, Diet Coke, Ginger Ale, Sprite, etc.)
- Kool-Aid
- Clear fruit juices (apple, lemonade, etc.) NO PULP
- Clear broth (beef, chicken, vegetable)
- Bouillon
- Jello-O (no fruit)
- Popsicles, water ice (no cream or fruit)

Foods to Avoid

- All solid foods
- Milk, milk drinks, smoothies, cream, non-dairy creamers
- Orange, tomato, grapefruit juices
- Juices with pulp
- Alcoholic beverages

Please call 610-431-3122 with any questions

Prep instructions, patient forms and FAQ's can be found on our website:

www.westchesterendocenter.com