

Diet Instructions Before your Colonoscopy

4 days prior to your colonoscopy, foods to consume and avoid:

Acceptable Foods	Foods to Avoid
❖ White bread or toast	❖ Whole grain bread or whole grain cereals or whole grain pasta
❖ White rice	❖ Brown or wild rice
❖ White pasta	❖ Oatmeal
❖ Dairy products (yogurt, milk, cheese)	❖ Raw fruits or berries of any kind
❖ Eggs	❖ Raw vegetables
❖ Chicken, beef, pork, fish	❖ Nuts and seeds
❖ Cooked/steamed vegetables	❖ Food containing any nuts or seeds
❖ Canned fruits	❖ Popcorn

****If you are not sure whether a food is safe to eat, then DO NOT have it****

****Please STOP all fibre supplements 4 days prior to your colonoscopy****

Tips for drinking Colyte

- ❖ Drink the mixture through a straw placed far back in your mouth
- ❖ Rinse your mouth with water or mouthwash after drinking the mixture
- ❖ Sip on strong flavoured liquids such as Gatorade/Powerade after drinking the mixture (NO red color beverages)
- ❖ You can suck on a hard candy or suckers after you drink the mixture
- ❖ If you experience nausea with the prep you may try drinking Ginger-Ale to settle your stomach. Or a dose of Gravol (anti-nausea medication) 25-50mg may be taken every 4-6 hours as required. This can be purchased from any pharmacy without a prescription. Please call CCSC if you have any questions about this.
- ❖ You may chew gum during the preparation, however do not swallow the gum

****Be sure to keep yourself well hydrated as per the list on your colonoscopy preparation form. It is recommended to drink at least 6-8 cups of liquids each day. Remember that coffee and tea with caffeine promote fluid loss.****