



## **TWO DAY BOWEL PREP FOR COLONOSCOPY**

**You will begin a low-residue diet at breakfast starting on \_\_\_\_\_ (which is 2 days before your procedure). Please only eat the food recommended on this sheet. If you stray from the list your colon may not be clean and you may have to repeat the prep.**

**For breakfast you can choose from:**

- 1/2 cup orange juice (strained without pulp)**
- 1 cup cream of wheat cereal**
- 1 scrambled egg**
- 1 slice white bread**
- 1 teaspoon margarine and grape jelly**
- 1 cup milk**
- 16 ounces of water**

**Mid morning drink 24 ounces of clear liquids of choice. (Gatorade, cokes, water, but no alcohol)**

**For lunch you can choose from:**

- 1/2 cup apple juice**
- 3 ounces baked chicken**
- baked potato (no skin)**
- 1/2 cup cooked green beans**
- 1 slice white bread**
- 2 teaspoon margarine**
- 16 ounces of water**

**Mid afternoon drink 24 ounces of clear liquids of choice.**

**For dinner you can choose from:**

- 3 ounces tender roast beef**
- 1/2 cup white rice**
- 1/2 cup cooked carrots**
- 1 slice white bread**
- 1 teaspoon margarine**
- 1/2 cup canned pears**
- 16 ounces of water**

**Evening snack can include:**

**-1 cup of milk**

**-4 graham crackers**

**Other foods to choose from: Skinless chicken, turkey, fish or seafood (limit it to 3 ounces at each meal), chicken noodle soup without vegetables (limit to 1 can), cooked/canned vegetables without seeds (limit to ½ cup at each meal and NO CORN), mustard (1 teaspoon per meal), mayonnaise (1 teaspoon per meal), pretzels (1/4 cup), tofu, fine ground grits and cream wheat.**

**AGAIN DO NOT EAT ANY OTHER FOODS OTHER THAN THE ONES LISTED ABOVE.**

**On \_\_\_\_\_ (which is the day before your colonoscopy) you will start a clear liquid diet at breakfast. You will maintain a clear liquid diet up until midnight. After midnight you cannot eat or drink anything else until after your procedure (unless your colon prep dictates otherwise).**

Clear Liquids:

Black coffee-no creamer

Tea

Kool-Aid

Gatorade

Hard Candy

Water with Crystal Light

Chicken or Beef broth/bouillon

Popsicles

Jell-O

Sprite, 7-Up, Ginger Ale, Orange, Coke

White grape, apple, white cranberry, orange  
without the pulp and lemonade

**It is very important to stay hydrated during the time of your prep and after your procedure is over. Water and Gatorade is the best thing to drink to keep you hydrated.**

**You will now need to refer to your sheet regarding your prescription bowel prep. If you have any questions please don't hesitate to call 501-778-3361.**