

## LOW FIBER FOODS

This diet eliminates foods which produce a high fecal residue, such as most raw fruits and vegetables, some cooked fruits and vegetables, prune juice, whole grain breads and cereals. It controls the amount of foods which produce a moderate amount of residue such as milk and some fruits and vegetables.

### Beverages

**Foods allowed:** Coffee, tea, carbonated beverages, apple juice, 2 cups milk daily, yogurt, low residue supplements, i.e., Ensure.

**Foods not recommended:** Prune juice, yogurt containing fruit & alcoholic beverage, unless approved by your physician.

### Protein Group

**Meats allowed:** Tender, lean beef, chicken, fish, lamb, liver, turkey, shellfish, veal and other lean meats.

**Eggs:** Prepared in any form with allowed ingredients.

**Cheese:** Cottage cheese, cheddar, American & creams cheeses are okay.

**Meat substitute:** Tofu.

**Meats not recommended:** Tough fibrous meats with gristle, i.e. beef chuck and blade steak.

### Vegetables

**Vegetables allowed:** Vegetable juice

**Vegetables not allowed:** All vegetables except for vegetable juice

### Fruits

**Fruits allowed:** Apple juice.

**Fruits not recommended:** All fresh, frozen or canned fruit.

### Bread

**Breads allowed:** Enriched white bread, Melba toast, rolls made from refined flour and any refined mixes for waffles, pancakes and biscuits.

**Breads not recommended:** Any unrefined bread or

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### Starches

**Starches allowed:** Any refined products, such as pasta, white rice, and tapioca.

Refined flours, i.e. soybean, potato (no skin).

**Starches not recommended:** Any refined product, i.e., brown rice, wheat germ, corn grits, hominy, bulgur, whole grain, barley, popcorn, unrefined flours, i.e., wheat, rye, oat, coarse ground meal. All dried beans and legumes.

### Fats/Oils

**Fats/Oils allowed:** Butter, margarine, salad oil, mayonnaise, cream, crisp bacon, plain gravies and dressings.

**Fats/Oils not recommended:** Nuts, olives, coconuts and seeds.

### Soups

**Soups allowed:** Strained soups or any soups made from allowed foods, broth or bouillon.

**Soups not recommended:** All other soups.

### Dessert

**Dessert allowed:** Plain cookies, cakes, gelatin (yellow or green only), ice cream, and sherbet, popsicles (yellow or green only).

**Dessert not recommended:** Coconut, nuts, chocolate nut bars, peanut brittle and any other foods not allowed.

### Miscellaneous

**Miscellaneous allowed:** Arrowroot, candy, jellybeans, marshmallows, plain hard candy,

cornstarch, gelatin, honey, molasses, sugar, tomato sauce, catsup, vinegar, prepared mustard, herbs, spices, horseradish, meat tenderizer, MSG, Accent, soy sauce, Worcestershire sauce and brewers yeast.

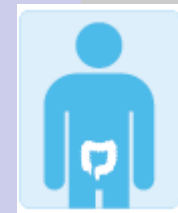
**Miscellaneous not recommended:** Pickles and relishes.



## Tripler Army Medical Center

### Gastroenterology Clinic

## Colonoscopy Preparation Instructions



**Procedure Date:**

**Check in at  
Admissions at:**

**Procedure Time:**

**IF YOU HAVE QUESTIONS CONTACT  
THE GI CLINIC AT 433-1077**

## **6** DAYS Before the Colonoscopy:

### ✓ Read all preparation instructions

- Create meal plan of items you prefer
- Make shopping list
- Purchase groceries for meal plan
- Acquire colonoscopy preparation products

### ✓ Arrange a driver for your procedure

## **5** DAYS Before the Colonoscopy:

(See back of pamphlet for more information on low fiber diet.)

If you take ferrous sulfate (iron) supplements or fish oil (krill oil) supplements, stop taking!

## **2** DAYS Before the Colonoscopy:

### ✓ Confirm that you have a driver who will come with you to the appointment

## **1** DAY Before the Colonoscopy:

Female patients—Report to ANY military LABORATORY to complete your pregnancy test. If you have had a hysterectomy or been through menopause for more than 1 year you do not need a pregnancy test. These are the ONLY reasons to not complete a pregnancy test! Not completing a pregnancy test prior to coming for your procedure WILL DELAY your start time!

## **1** DAY Before the Colonoscopy:

Mix the Golytely with water in the morning and place it in the refrigerator.

You may add flavor packets to the jug—avoid red/dark colors please.

### ✓ No solid food or alcohol

Liquids you **MUST AVOID**:

- Milk, shakes, smoothies, dairy products
- Juices: orange, grapefruit, prune (no red or purple juices)

### ✓ Hydrate

Clear liquids you **MAY CONSUME**:  
(no red or purple flavors/colors)

- Juice: apple, white grape
- Sports drinks that replace electrolytes
- Soda: ginger ale, orange, diet cola, cola
- Coffee or tea (no cream)
- Clear soup, beef broth, chicken broth, bouillon

### ✓ Bowel Preparation

**2PM**

Take the 4 Dulcolax pills (Bisacodyl) on an empty stomach with a full glass of water or juice. Do not take within 1-2 hours of antacids.

**5PM**

Drink 1/2 of the Golytely container over the course of 2 hours. If you experience nausea or vomiting stop drinking and allow your stomach time to empty prior to continuing 10-15 minutes later.



**4 HOURS PRIOR TO YOUR PROCEDURE DRINK THE OTHER 1/2 OF THE GOLYTELY CONTAINER. ON THE DAY OF YOUR PROCEDURE DO NOT DRINK ANYTHING OTHER THAN THE GOLYTELY.**

**Nothing to drink for 2 hours prior to your procedure.**

- 1.) Go to Admissions on the 1st floor Oceanside at least one hour before your procedure time. \*\*Open 24hrs
- 2.) Proceed to Medical Specialties Clinic following check in at Admissions. We are located on the 4th Floor Mountainside between Pharmacy and Laboratory  
\*\*Our clinic opens at 0700\*\*
- 3.) Anticipate being here for the majority of the day for your procedure.
- 4.) Escort (18+) must be here physically at time of discharge and no later than **1500**.

**NO DRIVING, DRINKING ALCOHOL, EXERCISE, OR WORKING FOR 12 HOURS AFTER YOUR PROCEDURE.**

**PLEASE LEAVE ALL JEWELRY AND VALUABLES AT HOME.**

**PLEASE DRESS COMFORTABLY.**

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