



## Low Residual Diet for Colonoscopy

DAY BEFORE

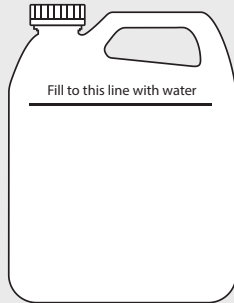
3-7 DAYS BEFORE YOUR PROCEDURE

Type of food or drink	YES---OK to have	NO---AVOID THESE
Fats and oils	<ul style="list-style-type: none"> <li>• Butter/Margarine</li> <li>• Vegetable and other oils</li> <li>• Mayonnaise</li> <li>• Salad dressings made without seeds or nuts</li> </ul>	<p><b>NO salad dressing made with seeds or nuts</b></p>
Soups	<ul style="list-style-type: none"> <li>• Broth, bouillon, consommé, and strained soups</li> <li>• Milk or cream-based soup, strained</li> </ul>	<ul style="list-style-type: none"> <li>• Unstrained soups</li> <li>• Chili</li> <li>• Lentil, Bean, Corn or Pea Soup</li> </ul>
Milk and Dairy	<ul style="list-style-type: none"> <li>• Skim Milk</li> <li>• Cheese, including cottage cheese</li> <li>• Low-fat Ice Cream</li> <li>• Non-fat/Low-fat yogurt without fruit or seeds</li> </ul>	<p><b>NO yogurt mixed with:</b></p> <ul style="list-style-type: none"> <li>• Nuts, seeds, granola</li> <li>• Fruit with skin or seeds (such as berries)</li> </ul>
Meat and Protein	<ul style="list-style-type: none"> <li>• Chicken, Turkey, Lamb, Lean Pork, Veal</li> <li>• Fish and seafood</li> <li>• Eggs</li> <li>• Tofu</li> </ul>	<p><b>NO tough meat with gristle</b></p> <ul style="list-style-type: none"> <li>• Hot dogs</li> <li>• Sausage</li> <li>• Fried Meats</li> </ul>
Drinks or Beverages	<ul style="list-style-type: none"> <li>• NO COFFEE- Tea OK</li> <li>• Clear fruit drinks (no pulp)</li> <li>• Soda and other carbonated beverages</li> <li>• Ensure, Boost, or Enlive without added fiber</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit or vegetable juice with pulp</li> <li>• Beverages with red or purple dye</li> </ul>
Bread and Grains	<ul style="list-style-type: none"> <li>• Breads and grains made with refined white flower (including rolls, muffins, bagels, pasta)</li> <li>• White rice</li> <li>• Plain crackers, such as Saltines</li> <li>• Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)</li> </ul>	<ul style="list-style-type: none"> <li>• Brown or wild rice</li> <li>• Whole grain bread, rolls, pasta, or crackers</li> <li>• Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal)</li> <li>• Bread or cereal with nuts or seeds</li> </ul>
Fruits and Vegetables	<ul style="list-style-type: none"> <li>• Applesauce</li> <li>• Ripe melons</li> <li>• Ripe, peeled apricots and peaches</li> <li>• Canned or cooked fruit or vegetables without seeds, skin, or peel</li> <li>• Potatoes without skin</li> </ul>	<p><b>NO seeds, skin, membranes or dried fruit</b></p> <ul style="list-style-type: none"> <li>• Raw fruit/vegetables with seeds, skin or membranes</li> <li>• Corn</li> <li>• Tomatoes</li> <li>• Cucumbers with seed and peel</li> <li>• Cabbage or Brussel Sprouts</li> <li>• Green peas</li> <li>• Legumes</li> <li>• Summer and Winter Squash</li> <li>• Onions</li> <li>• Raisins or other dried fruit</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Custard</li> <li>• Plain pudding</li> <li>• Jell-O or gelatin without added fruit or red or purple dye</li> <li>• Sugar</li> <li>• Salt</li> </ul>	<ul style="list-style-type: none"> <li>• Coconut</li> <li>• Popcorn</li> <li>• Jam or Marmalade</li> <li>• Relishes and pickles</li> <li>• Olives</li> <li>• Stone-ground mustard</li> <li>• Anything with nuts and seeds</li> </ul>

**IMPORTANT** If the bowel is not clean when you arrive to the procedures unit, rather than giving you an incomplete and poor examination, your procedure will need to be rescheduled.

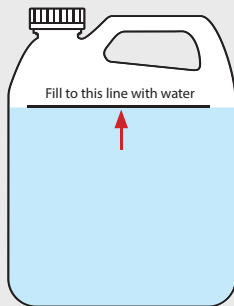


□ **1 DAY PRIOR** to your procedure, you should follow the low-residue diet provided in this document up until you begin your first dose of prep between 4-5pm



### 1 YOUR PREPARATION - GoLYTELY

- You will receive one, 4-liter container with powdered bowel preparation.



### 2 PREPARING YOUR BOWEL PREPARATION

- **2 nights before your colonoscopy**
  - Fill the GoLYTELY bottle with water to the indicated line on the side of the bottle. Shake vigorously and refrigerate overnight.



### 3 DRINKING YOUR BOWEL PREPARATION

- **Between 4-5 PM the night before your procedure**
  - Shake vigorously again and drink half of the bottle (2 liters): one, 10 oz. glass every 10-15 minutes. If you are able, walk about while drinking the liquid.



### 4 DRINKING YOUR BOWEL PREPARATION

- **5 hours before your procedure:** \_\_\_\_\_
  - Drink second half of the bottle (2 liters) as shown on left.

#### WHAT TO EXPECT

- You will develop significant diarrhea after drinking the preparation. Plan to be near a bathroom. This is normal as it means the medication is working to clear stool from your colon.
- Most people feel mild bloating and mild abdominal cramps. This is normal. Drinking the prep medication more slowly and over a longer period of time can help alleviate these symptoms.
- A successful colon prep will cause you to have clear yellow (“tea-colored”) liquid stools.
- Please finish your preparation regardless of your stool color.



**STAY HYDRATED** with at least 12 tall glasses (about 8-10 ounces each) of clear liquids throughout the day in addition to what you drink with your bowel prep medication to prevent dehydration. The more fluids you can consume, the better your prep will be for flushing your system.



**4 HOURS BEFORE** your procedure, you should **STOP DRINKING ALL CLEAR LIQUIDS AND MEDICATIONS**. This means that you should not have anything to eat or drink 4 hours before your colonoscopy and onward.

**TIPS TO HELP WITH PREPARATION:**

**COLD:** Refrigerate the prep to improve tolerability. Do not use ice cubes.  
**CHASER:** Try chasing the prep with a few swigs of ginger ale or suck on a lime between sips. A straw is helpful.  
**SOFT:** Consider using some soft wipes instead of regular toilet paper while prepping.  
**PROTECT:** Using Vaseline, Aquaphor, or diaper rash cream on your bottom to prevent chafing prior to starting and during prep.



## WHAT IS A COLONOSCOPY AND WHAT CAN I EXPECT DURING A COLONOSCOPY?

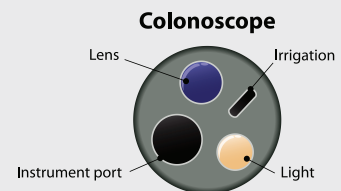
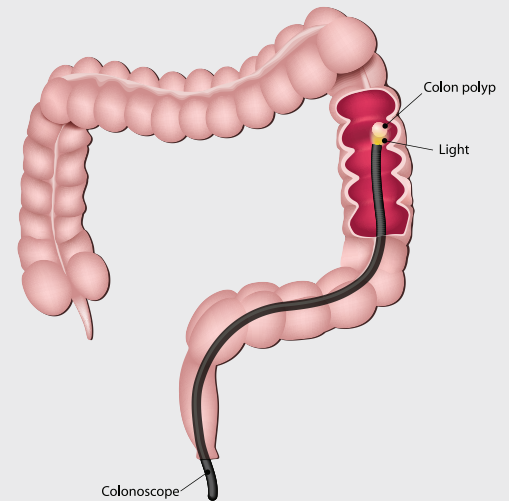
A colonoscopy is a procedure that allows your doctor to examine the inside of your lower digestive tract, also known as your colon and rectum. The procedure uses a colonoscope ("scope") – a long flexible tube with a light and camera at the end – to examine the inside lining of the colon. It allows the doctor performing the test to find and remove precancerous polyps and early colon cancers.

The day before the test, you will do a bowel prep to empty and clean your colon. The bowel prep includes a strong laxative and liquid diet. Following the directions of the bowel prep makes it easier for your doctor to detect polyps and other abnormalities during the colonoscopy.

Colonoscopy is performed in a hospital or medical clinic. Before the procedure starts, you will be given anesthesia or medication through an IV to make you comfortable. Then, the doctor will gently insert the colonoscope into the rectum and guide it through the entire colon.

Your doctor will take pictures and remove polyps along the way. He/she will then send the polyps to a lab for further testing. If a polyp cannot be removed, a sample may be taken. This is called a biopsy.

The colonoscopy usually takes 15 to 30 minutes to complete. Risks of colonoscopy include bleeding, infection, and perforation; however, complications occur in only 1 out of 1,000 colonoscopies at UCLA Health.



**AFTER YOUR COLONOSCOPY:**

You will spend some time in our post-procedure unit where our nursing staff will monitor you. Once it is felt safe, you will be able to leave with your driver/escort. You will receive a printed copy of your discharge summary with diet, activity, and restarting medications after your procedure. Plan to rest and avoid making important decisions, or driving since you have been sedated. If you require a follow-up appointment, our office staff will call you to schedule this appointment.