# 3 Days Prior to Bowel Prep

Please Follow These Do’s and Don’ts

<table>
<thead>
<tr>
<th>Type of Food or Drink</th>
<th>Yes — OK to Eat These Foods</th>
<th>No — Avoid These Foods</th>
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</thead>
<tbody>
<tr>
<td><strong>Milk and Dairy</strong></td>
<td><strong>OK to eat:</strong> Milk, Cream, Hot chocolate, Buttermilk, Cheese, including cottage cheese, Yogurt, Sour cream</td>
<td><strong>No yogurt mixed with:</strong> Nuts, seeds, granola, Fruit with skin or seeds (such as berries)</td>
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<td><strong>Bread and Grains</strong></td>
<td><strong>OK to eat:</strong> Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta), White rice, Plain crackers, such as Saltines, Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)</td>
<td><strong>No whole grains or high-fiber:</strong> Brown or wild rice, Whole grain bread, rolls, pasta, or crackers, Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal), Bread or cereal with nuts or seeds</td>
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<td><strong>Meat</strong></td>
<td><strong>OK to eat:</strong> Chicken, Turkey, Lamb, Lean pork, Veal, Fish and seafood, Eggs, Tofu</td>
<td><strong>No tough meat with gristle</strong></td>
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<td><strong>Legumes</strong></td>
<td><strong>None allowed</strong></td>
<td><strong>No:</strong> Dried peas (including split or black-eyed), Dried beans (including kidney, pinto, garbanzo/chickpea), Lentils, Any other legume</td>
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<td><strong>Fruits</strong></td>
<td><strong>OK to eat:</strong> Fruit juice without pulp, Applesauce, Ripe cantaloupe and honeydew, Ripe, peeled apricots and peaches, Canned or cooked fruit without seeds or skin</td>
<td><strong>No seeds, skin, membranes or dried fruit:</strong> Raw fruit with seeds, skin, or membranes (includes berries, pineapple, apples, oranges, watermelon), Any cooked or canned fruit with seeds or skin, Raisins or other dried fruit</td>
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<td><strong>Vegetables</strong></td>
<td><strong>OK for some if cooked or canned:</strong> Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips), Potatoes without skin, Cucumbers without seeds or peel</td>
<td><strong>No raw, skin, seeds, peel; or certain other vegetables:</strong> Corn, Potatoes with skin, Tomatoes, Cucumbers with seeds and peel, Cooked cabbage or Brussels sprouts, Green peas, Summer and winter squash, Lima beans, Onions</td>
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<td>TYPE OF FOOD OR DRINK</td>
<td>YES — OK TO EAT THESE FOODS</td>
<td>NO — AVOID THESE FOODS</td>
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| **Nuts, nut butter, seeds** | **OK to eat:**  
Creamy (smooth) peanut or almond butter | **NO nuts or seeds:**  
Nuts including peanuts, almonds, walnuts  
Chunky nut butter  
Seeds such as fennel, sesame, pumpkin, sunflower |
| **Fats and oils** | **OK to eat:**  
Butter, Margarine  
Vegetable and other oils  
Mayonnaise  
Salad dressings made without seeds or nuts | **NO salad dressing made with seeds or nuts** |
| **Soups** | **OK to eat:**  
Broth, bouillon, consomme, and strained soups  
Milk or cream-based soup, strained | **NO:**  
Unstrained soups  
Chili, Lentil soup  
Dried bean soup  
Corn soup, Pea soup |
| **Desserts** | **OK to eat:**  
Custard, Plain pudding  
Ice cream, sherbet or sorbet  
Jell-O or gelatin without added fruit or red or purple dye  
Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts | **NO:**  
Coconut  
Anything with seeds or nuts  
Anything with added red or purple dye  
Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts |
| **Drinks or beverages** | **OK to eat:**  
Coffee  
Tea  
Hot chocolate or cocoa  
Clear fruit drinks (no pulp)  
Soda and other carbonated beverages  
Ensure, Boost, or Enlive without added fiber | **NO:**  
Fruit or vegetable juice with pulp  
Beverages with red or purple dye |
| **Other** | **OK to eat:**  
Sugar  
Salt  
Jelly  
Honey  
Syrup  
Lemon juice | **NO:**  
Coconut  
Popcorn  
Jam  
Marmalade  
Relishes  
Pickles  
Olives  
Stone-ground mustard |