



Dr. Sarah Miller
MD, FRCSC

Low-residue Diet for Colonoscopy

1636 College Avenue | Regina, SK. | S4P 1B6
T. 306-546-5504 | F. 306-205-8939 | drsarahmiller.ca

A low-residue diet will help limit the size and volume of stools while taking your colonoscopy preparation. Generally, a low-residue diet is one that avoids foods high in fibre. Ideally, choose foods that are soft and easy to digest with little to no dietary fibre. Read food labels to help you choose. This document may serve as a general guideline. If you have questions regarding this, please contact the office at 306-546-5504.

Breads, pasta, cereal, rice and other starches

What to choose	What to avoid
<ul style="list-style-type: none">• White bread, biscuits, muffins, rolls• Plain crackers• White pasta, white rice• Cream of wheat, Cornflakes, Special K, Cheerios, Rice Krispies• Potatoes without the skin	<ul style="list-style-type: none">• Whole-wheat or whole-grain breads with seeds, nuts, coconut, or dried fruit• Whole-wheat crackers• Wild or brown rice• Whole-grain cereals, bran cereals, granola• Popcorn

Milk and Dairy (limit to 2 cups)

What to choose	What to avoid
<ul style="list-style-type: none">• Milk, smooth yogurt, ice cream, custard, cheese, and cottage cheese	<ul style="list-style-type: none">• Ice cream or yogurt with seeds, nuts, or chunks of fruit

Vegetables

What to choose	What to avoid
<ul style="list-style-type: none">• Well-cooked or canned vegetables without seeds• Eggplant, green beans, carrots, yellow squash, beets	<ul style="list-style-type: none">• Vegetables with seeds• Canned corn and mushrooms• Green peas, lima beans, broccoli, corn, parsnip• Pickles and relishes

Fruit

What to choose	What to avoid
<ul style="list-style-type: none">• Ripe fruits without skin or seeds e.g. banana, nectarine, peach, apricot, papaya, plum, mango, honeydew melon, cantaloupe• Cooked or canned fruits without skin or seeds• Applesauce• Strained fruit juice without pulp	<ul style="list-style-type: none">• Fruit with skin or seeds: all berries, raisins, grapes, pineapple, cherries• Raw or dried fruit• Prunes and prune juice• Jams, preserves, marmalade• Tomatoes and unstrained tomato sauce

Meat and Protein

What to choose	What to avoid
<ul style="list-style-type: none">• Tender, well-cooked meat• Ground meat, poultry, fish• Eggs, tofu, creamy peanut butter	<ul style="list-style-type: none">• Tough, chewy meat with gristle• Split peas, soybeans, beans, lentils, chickpeas• Peanuts and crunchy peanut butter• Processed meats with casings or skins (e.g. sausage)

Fats and oils

What to choose	What to avoid
<ul style="list-style-type: none">• Butter, margarine, oils, whipped cream, sour cream, mayonnaise, smooth dressings and sauces, plain gravy, smooth condiments	<ul style="list-style-type: none">• Dressing with seeds or fruit chunks• Coconut oil