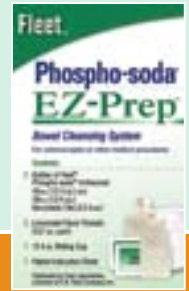


Low-Residue Diet Instructions



WHAT IS A “LOW-RESIDUE” DIET?

A low-residue diet is designed to satisfy your need for food during the bowel preparation process *and* to ensure a successful colonoscopy.

Under the low-residue diet, you can eat a **normal, unrestricted breakfast** the day before the procedure, followed by a **low-residue lunch** that afternoon. The low-residue lunch is detailed below.

LOW-RESIDUE LUNCH OPTIONS

Using the table at right, choose *one* item from each food category for your lunch. Eat lunch **no later than 2:00 PM the day before** the colonoscopy. It is important that you drink plenty of clear liquids with your lunch and during the bowel preparation process. Remember that after the low-residue lunch, you should not eat any more food, but you should **continue to drink as much clear liquids as possible up until 3 hours before your exam.**

Lunch Options

Choose *only one* item from each of the following categories:

- Main entrée**
- Skinless chicken, turkey, fish, or seafood (3 ounces)
 - Eggs (1 large or 2 medium)
 - Chicken noodle soup without vegetables (1 can)

- Vegetable/fruit**
- Applesauce (½ cup)
 - Cooked/canned vegetables without seeds (½ cup), no corn

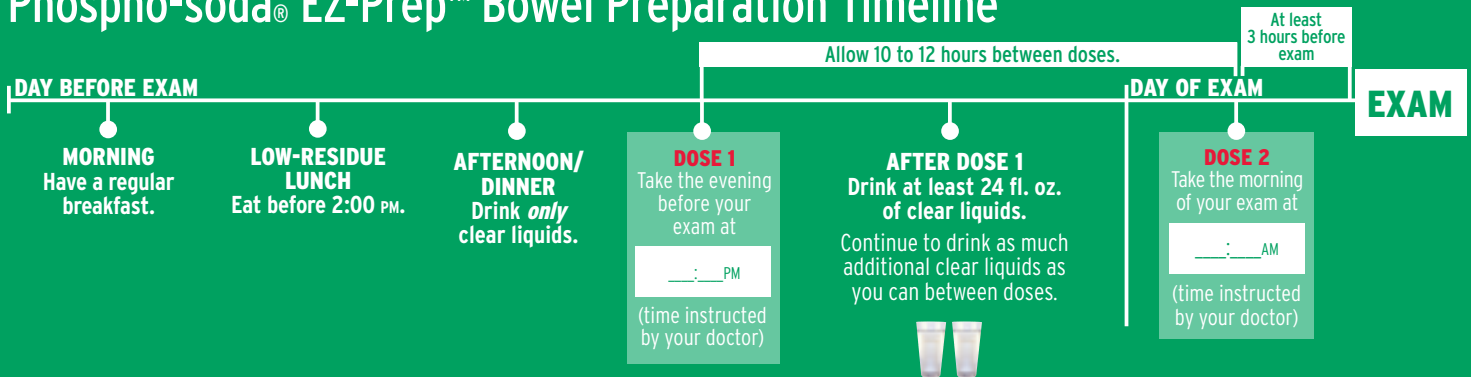
- Bread**
- White potato roll (1 roll)
 - White bread (2 slices)
 - White rice or pasta (cooked, 1 cup)
 - Skinless potato (1 small)

- Condiments**
- Soft tub margarine (2 teaspoons)
 - Mustard (1 teaspoon)
 - Mayonnaise (1 teaspoon)

- Dessert**
- Vanilla wafers (4 wafers)
 - Pretzels (¼ cup)
 - Sherbet (½ cup)

Do not eat anything that is not on this list.

Phospho-soda® EZ-Prep™ Bowel Preparation Timeline



WHAT ARE “CLEAR LIQUIDS”?

- Water
- HydraLife™ for Oral Rehydration
- Soft drinks (orange, ginger ale, cola, Sprite®, 7-Up®, etc.)
- Kool-Aid® (lemonade, orange flavors only)
- Strained fruit juices without pulp (apple, white grape, white cranberry, orange, lemonade, etc.)
- Tea or coffee (no milk or nondairy creamer)

- Low-salt chicken or beef bouillon/broth
- Hard candies
- Jell-O® (lemon, lime, or orange; no fruit or toppings)
- Popsicles®, Italian ice (no ice cream, sherbets, or fruit bars)
- **Do NOT drink or eat anything colored red or purple.**
- **Do NOT drink any alcoholic beverages.**

