

Colonoscopy, nutrition

7 days before the examination

Do not eat any seeds or hard peels containing foods such as fruits and berries (lingonberry, raspberry, currant, kiwi, grape, pineapple, citrusfruit) vegetables (corn, mushroom, raw root vegetable, bean, pea, asparagus) bread with grain and seeds and muesli.

Avoid nuts and almonds. Leave fiber supplements out.

3 days before the examination

Start a low-fiber diet. Extend it to 5 days if you suffer from constipation and start taking laxatives 2-5 days before (for example Movicol).

Allowed low-fiber foods

- meat without the membranes, chicken, fish, silken tofu, seitan
- firm tofu (max. in one meal per day)
- meat-, chicken-, fish-and vegetable broth
- sausage without skin
- egg
- sieved berry soup (no seeds and pulp)
- fruit purees (no seeds and pulp)
- canned fruit
- juice without pulp, soft drinks
- milk, dairy products for example curdled milk, natural yogurt, cottage cheese, quark, cream cheese and ice cream.
- soy-, oat-, almond-and rice drink
- berryless soy- and oat yogurts and ice cream.
- plant based crème cheese and crème fraiche products
- low-fiber (under 3g/100g) seedless bread such as French bread or baquette
- a bun, cracker and Marie cookies
- white rice and macaroni
- semolina-and rice porridge
- meringue or vegan meringue from chickpea broth
- honey, sugar

Forbidden high-fiber foods

- vegetables, berries and fruits
- berry purees
- rye-, graham- and wholegrain bread and porridge
- bran, seeds and nuts
- plant-based proteins: pulled oats, beans, lentils, oomph, quorn

Avoid greasy food.

An example of low-fiber diet

Breakfast

- A portion of white rice or pasta (one meal can contain one potato)
- meat, fish, chicken or tofu
- sauce
- cottage cheese
- white bread and margarine
- juice, milk, sour milk, plant-based milk like products, sieved berry soup

Snack

- white bread and margarine
- quark and fruit puree
- a bun, cracker, cookies or ice cream
- coffee, tea, juice, milk or plant-based milk like products

Dinner like lunch

Evening snack

- white bread, margarine and cold cuts
- eggs or silken tofu
- coffee, tea, juice or milk

A day before the examination

- Eat low-fiber breakfast and lunch as during previous days
- After 12 o'clock only drinks are allowed: sieved berry soup and juices without pulp (apple juice, berryjuice), meat or vegetable broth, tea, coffee (without milk or milk like products), soft drinks, water or mineral water.
- Avoid dairy products and plant-based milk like products
- You can buy nutritional supplement drinks from the pharmacy like Nutricia, NutriDrink JuiceStyle, Nestle Resource Addera or Fresenius Kabi ProvideXtra(vegan)
- Drinking plenty of fluids enhances the cleansing of the bowel.