

# Preparing for your Colonoscopy

To best clean out your colon, adjust your diet starting 3 days before your colonoscopy.

## 3 DAYS BEFORE:

### STOP:

- All fruits and vegetables with seeds (cucumbers, tomatoes, strawberries)
- Beans
- Nuts
- Popcorn
- Seeds (i.e. flax and chia seeds)
- Whole grains
- Quinoa

### OK to Consume:

- Cheese
- Fruits and vegetables without seed. (Celery, Kale, Peaches, Broccoli, Potatoes, carrots, asparagus, artichokes, mushrooms)
- Eggs
- Meat and tofu
- Milk
- Noodles
- Smoothies with pulverized seeds
- White bread
- White Rice



## 1 DAY BEFORE:

### STOP: ALL SOLID FOOD

### Ok/Approved to Take:

- Water/coconut water (without pulp)
- Coffee/tea without milk
- Honey & sugar
- Juice without pulp
- Sports drinks (i.e., Gatorade)
- Jell-O/popsicles
- Clear Broths
- Ensure clear
- Hard candy
- Soda/Lemonade/Club soda



Eating solid food the day before your procedure may result in your procedure being cancelled. Please adhere to the clear liquid diet 1 day prior and be sure to stay hydrated.

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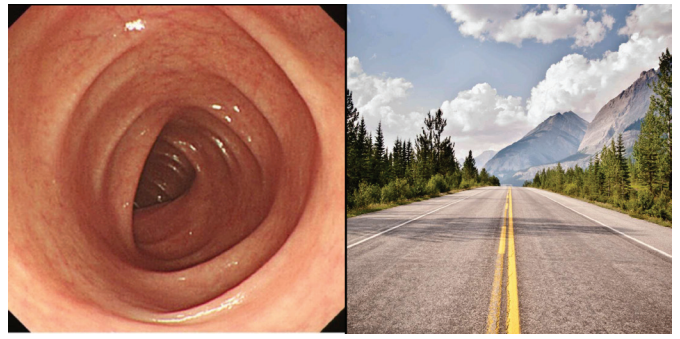


It is important that you follow the instructions for your bowel prep to adequately clean out the inside of your colon. Your doctor must be able to see your colon wall entirely to do the test properly. If it is dirty on the inside, your doctor may not be able to see important things like polyps or cancer and you may need to repeat the test.

Think of it this way: A dirty colon is like driving in a snowstorm. A clean colon is like driving on a country road on a sunny day.



Dirty Colon



Clean Colon

As you drink your prep, the stool coming out should slowly begin to look like the solution you are drinking — clear without any particles. Below is a guide to help see what your stool should look like in the toilet when your prep is complete.



▲  
Dark and  
murky.

**NOT OK**

▲  
Brown and  
murky.

**NOT OK**

▲  
Dark orange  
and semi-clear.

**NOT OK**

▲  
Light orange  
and clear.

**ALMOST  
THERE!**

▲  
Yellow and clear,  
like urine.

**YOU'RE  
READY!**