



## CT Colonography Diet Guidelines

The following diet is prepared to improve the performance of the bowel preparation and enhance the diagnostic accuracy of the CT Colonography exam.

Your last meal should be lunch three days prior to your exam.

Please follow the low residual diet below beginning with dinner three days prior to your exam, and go on a clear liquid diet beginning with breakfast the day before your exam.

	<b>ALLOWED</b>	<b>AVOID</b>
Dairy:	Low fat or nonfat milk, plain yogurt, ricotta or cottage cheese, plain gravy	Yogurt with fruit skin or seeds, high fat cheese
Meats:	Broiled, boiled or baked ground or well cooked fish, poultry or eggs	Red meat, pork, duck, fried, fatty or gristly meats
Bread/Cereal:	White refined breads and pastas, saltine crackers, cooked white rice	Whole grain breads, oatmeal, corn bread/muffins, bran
Fruit/Vegetables:	Canned or well cooked fruit or vegetables without peels or seeds (no corn or peas)	Fresh or dried fruit, beans, peas, corn, prunes, raw vegetables
Soups/Juices:	Bouillon/broth, strained soups from allowed foods, pulp free or clear juice	Soups with cream or milk, thick juices or shakes
Dessert	Gelatin, fruit ice, popsicle (no red color), applesauce, ripe bananas, plain hard candy, sherbet	Nuts, seeds, popcorn, coconut, chocolate, peanut butter
Miscellaneous:	Salt, pepper, jelly (without seeds), sugar, honey, syrup, potato without skin	Garlic, cloves, seed spices, hot sauces

### **CLEAR LIQUID DIET:**

**Allowed:** Water, Jell-O, clear broth, clear juice (no pulp), tea or coffee. (Anything that is clear, with "clear" meaning you can see a light shine through it.)

**Avoid:** Everything else ( no solid foods or milk products).

**IF USING INSULIN, A DIURETIC, AND/OR MEDICATION FOR CONGESTIVE HEART OR RENAL FAILURE, CONSULT YOUR HEALTHCARE PROVIDER BEFORE BEGINNING THIS PREPARATION.**

If you have any questions about your exam preparation or the procedure, please call (253) 761-4200, option 1, and ask to speak with a CT tech.