

# Foods to Avoid After a Colonoscopy

## General Information

The following guidelines will help you prevent problems with gas and bloating after a colonoscopy.

## Avoid Foods That Produce Gas

Eat well-balanced meals that do not include foods that produce gas such as:

### Vegetables:

- beans: kidney, lima, navy and soy
- broccoli
- brussels sprouts
- cabbage and sauerkraut
- cauliflower
- corn
- cucumbers
- kohlrabi
- onions, leeks, scallions and garlic
- peas (split or black-eyed) and lentils
- peppers, green
- pimentos
- radishes
- rutabagas
- turnips.

### Fruits:

- apples (raw)
- apple juice
- avocados
- melons: cantaloupe, honeydew, watermelon.

## Avoid Fried Foods, Spicy Foods and Carbonated Beverages

A sample meal for you after surgery would be:

- bland soup
- sandwich with 2 to 3 ounces turkey and a small amount of mayonnaise
- ½ cup tomato juice
- 1 cup milk
- coffee/tea

or

- eggs (not fried)
- toast
- milk
- coffee/tea.