

# Low-Fiber Diet: After Your Visit

## Your Care Instructions

When your bowels are irritated, you may need to limit fiber in your diet until the problem clears up. Your doctor and dietitian can help you design a low-fiber diet based on your health and what you prefer to eat. Ask your doctor how long you should stay on a low-fiber diet. Your doctor probably will have you start adding more fiber to your diet as you get better. Always talk with your doctor or dietitian before you make changes in your diet.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

## How can you care for yourself at home?

- Choose white or refined grains, and avoid whole grains. That means eating white or refined cereals, breads, crackers, rice, or pasta.
- Peel the skin from fruits and vegetables before you eat or cook them. Avoid eating skins, seeds, and hulls.
  - Eat frozen or canned fruit. Low-fiber fruits include applesauce, ripe bananas, and fruit juice without pulp.
  - Eat low-fiber vegetables, which include well-cooked vegetables and vegetable juice.
- Drink or eat milk, yogurt, or other milk products, if you can digest dairy without too many problems. Your doctor may limit milk and milk products for a while. If so, he or she may recommend a calcium and vitamin D supplement.
- Eat well-cooked meat, such as chicken, turkey, fish, or lean meat. You also can eat eggs and tofu.
- Avoid these foods:
  - Bran, brown or wild rice, oatmeal, granola, corn, graham crackers, barley, and whole wheat and other whole-grain breads, such as rye bread
  - Cereals with more than 3 grams of fiber a serving
  - Berries, rhubarb, prunes, prune juice, and all dried fruits
  - Raw vegetables
  - Cabbage, broccoli, brussels sprouts, and cauliflower
  - Cooked dried beans, lentils, and split peas
  - Crunchy peanut butter
  - Ice cream with fruit pieces in it
  - Coconut, nuts, popcorn, raisins, and seeds, or any ice cream, yogurt, or cheese with these in them

## Where can you learn more?

Go to [www.southdenvergi.com](http://www.southdenvergi.com), log into the web portal, and enter E763 in the search box to learn more about Low-Fiber Diet: After Your Visit.

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