

Colonoscopy Prep — Asian Cuisine Guide

Low-Residue and Clear Liquid Adaptations for East and Southeast Asian Foods

Why a Culturally Adapted Guide?

Standard prep diet guides often list only Western foods. If your everyday diet includes Asian foods, this guide helps you plan your low-residue days with familiar meals so prep feels less disruptive.

Low-Residue Foods — Asian Cuisine

Food Category	Allowed (Low-Residue)	Avoid (High-Residue)
Rice / Noodles	White rice, congee/jook, rice porridge, plain rice noodles (pho noodles, vermicelli), udon, somen	Brown rice, wild rice, whole wheat noodles, soba (buckwheat), sticky rice with fillings
Proteins	Steamed fish, poached chicken, soft tofu, silken tofu, steamed eggs (chawanmushi), shrimp (peeled)	Fried tofu, tempeh, edamame, tough cuts of beef/pork, seafood with shells, bean curd skin (yuba)
Soups	Clear broth soups: chicken broth, dashi, miso (strained, no seaweed chunks), egg drop soup, wonton broth (no wonton)	Hot pot with raw vegetables, tom yum with lemongrass pieces, thick curry soups, soups with noodles + vegetables
Vegetables	Peeled cucumber, soft cooked bok choy stems (no leaves), peeled daikon (soft cooked), soft winter melon	Raw vegetables, seaweed/nori, bamboo shoots, bean sprouts, mushrooms, corn, kimchi, pickled vegetables
Fruits	Ripe banana, cantaloupe, honeydew, peeled Asian pear (soft cooked), lychee (canned)	Dragonfruit, guava, persimmon, starfruit, jackfruit, any fruit with seeds or skin, dried fruits
Condiments	Soy sauce, fish sauce (small amt), oyster sauce, sesame oil, white pepper, ginger (strained)	Chili paste/flakes, wasabi, black bean sauce, hoisin, curry paste, whole spices, scallions, garlic pieces

Sample Low-Residue Asian Meals

Breakfast: Plain rice congee/jook with soft poached egg + soy sauce drizzle

Lunch: Clear chicken broth with plain rice noodles + steamed fish fillet

Snack: Silken tofu with a drizzle of soy sauce and sesame oil

Dinner: Steamed white rice + poached chicken breast + soft-cooked peeled daikon in clear broth

Clear Liquid Day — Asian Options

- Clear chicken or pork bone broth (strained — no solids)
- Dashi broth (strained)
- Strained miso soup (liquid only — no tofu or seaweed)
- Green tea, jasmine tea, barley tea (no milk)
- White grape juice, apple juice
- Clear Asian-flavored popsicles (no red/purple)

Avoid: bubble tea, taro drinks, matcha latte, red bean soup, anything with coconut milk.

Questions About Your Prep?

MilenAi Digestive Health offers telehealth consultations with a GI-specialized RN. Get answers about your prep, medications, and what to expect.

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Disclaimer: This guide is for educational purposes only. Always follow your specific provider instructions. If you have questions about your prep, call your GI office directly.

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