

Colonoscopy Prep — Mediterranean & Middle Eastern Guide

Low-Residue and Clear Liquid Adaptations for Mediterranean and Middle Eastern Foods

Preparing with Mediterranean & Middle Eastern Foods

Mediterranean and Middle Eastern diets emphasize whole grains, legumes, vegetables, and olive oil — many of which are high-residue. This guide helps you adapt during your colonoscopy prep.

Low-Residue Foods — Mediterranean / Middle Eastern

Food Category	Allowed (Low-Residue)	Avoid (High-Residue)
Grains	White pita bread, white rice, couscous (refined, plain), orzo pasta, plain crackers	Whole wheat pita, bulgur, freekeh, farro, brown rice, whole wheat couscous, seeded breads
Proteins	Grilled chicken (shish tawook), baked white fish, scrambled eggs, smooth hummus (small amount)	Falafel (chickpea-based), lentil soup, stewed beans (fasoulakia), tough lamb, nuts and seeds
Soups	Strained chicken broth (no vegetables), avgolemono (strained lemon-egg-broth)	Lentil soup (shorbat adas), harira, fasolada (bean soup), any soup with whole grains or vegetable pieces
Vegetables	Peeled cucumber (no seeds), peeled soft zucchini (kousa), peeled potatoes, soft-cooked peeled carrots	Tabbouleh, fattoush, raw salads, eggplant (baba ghanoush), stuffed grape leaves (dolma), artichokes, okra, peppers
Fruits	Ripe banana, melon, canned peaches/pears, soft ripe mango	Dates, figs, dried apricots, pomegranate seeds, grapes with seeds, any dried fruit, oranges (membrane)
Dairy / Condiments	Plain yogurt (laban), soft white cheese (feta, halloumi — soft), olive oil, lemon juice (strained)	Labneh with za'atar (seeds), olives (whole), tahini (sesame seed paste — small amounts may be OK), nut-based sauces

Sample Low-Residue Mediterranean Meals

Breakfast: Scrambled eggs + white pita + plain yogurt + honey drizzle

Lunch: Grilled chicken breast + white rice + soft peeled zucchini with olive oil + lemon

Snack: White crackers + small amount of smooth hummus

Dinner: Baked fish with lemon + orzo pasta + soft peeled carrots

Clear Liquid Day — Mediterranean Options

- Clear chicken broth (strained)
- Strained avgolemono (lemon-egg broth — no rice)
- Mint tea, chamomile tea, sage tea
- Apple juice, white grape juice, strained lemonade
- Clear gelatin, popsicles (NO red or purple)

Avoid: pomegranate juice (red), Turkish coffee grounds, tamarind drinks, hibiscus tea (karkade — red).

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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