

Soweid Breakfast Diet

You may eat only the foods listed below for breakfast the day before your colonoscopy.

Follow the below list, no substitutions are permitted.

BREAKFAST
2 eggs any style or 1 ounce of cheese (a slice <i>or</i> a small cube)
3 slices of simple white bread or toast (such as <i>Wonder Bread</i>)
1 tablespoon of butter, margarine or olive oil (for your bread or for cooking the eggs)
½ cup of milk or ½ cup of low-fat yogurt. The milk should be no-fat or low-fat, not whole. Soy, almond, lactose-free milk are ok.
1 cup of coffee