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**Medical and Surgical Treatment
of Colon and Rectal Disorders
Colorectal Cancer Screening**

Follow the instructions below once cleared by your primary provider unless contraindicated or otherwise instructed by your provider.

It is VERY IMPORTANT to eat (three) FULL meals daily and to include the foods that will provide sufficient residue to ensure normal stool formation. Dietary fiber is the part of fruits, vegetables, cereals, and grains that is not broken down in your digestive system. A high fiber diet will make your stool more bulky. You should increase your intake of high fiber foods gradually.

1) DRINK 8 (eight) to 10 (ten) glasses of water a DAILY!

2) AVOID all of the following foods:

- Nuts
- Seeds
- Corn
- Popcorn
- All spices (except salt and sugar)
- Mustard
- Ketchup
- Pickles
- Olives
- Raw Onions
- Garlic in any form
- Red Pepper Hot Sauce (i.e. Tabasco)

3) INCLUDE as many of the following foods in your meal plans daily:

Bran 100% (whole wheat or whole rye) flour, graham, cereals or crackers.

Oatmeal and rolled oats, granola, brown rice and bran in moderation.

Fruits and Vegetables fresh, frozen or lightly cooked (preferably raw & with skins when edible).

Chicken

Fish

Seafood

4) AVOID prune juice and any form of laxatives!!