

## Diet and Medication

ColonCheck **does not** require you to stop eating red meat or to stop taking your medications.

Continue to eat your usual diet **except** for Vitamin C as large amounts may hide blood that is in the stool.

For 3 days before and during the time you do the test, avoid Vitamin C in excess of 250 mg/day from foods, drinks and/or supplements.

Some multivitamins and iron pills contain Vitamin C so read the label.

### EXAMPLES OF FOODS HIGH IN VITAMIN C

Food/Drink	mg of Vit. C/1 cup
Red pepper	190-235 mg
Green pepper	100-120 mg
Strawberries	100 mg
Fruit juice	80-100 mg
Broccoli	100 mg
Orange pieces	95 mg