



Low Residue Diet Instructions

Iron tablets – If you are currently taking iron tablets (including multi vitamins with iron) you must STOP taking them 7 days prior to your appointment.

Three days before examination - start low residue diet.

To allow a clear view of your colon it needs to be completely free of waste material therefore you must follow the detailed instructions below.

Start a low residue low fibre diet three days before your appointment please.

Day of Appointment	The day to start Low Residue Diet	The day to start clear fluids & take the bowel preparation
Monday	Friday Before	Sunday Before
Tuesday	Saturday Before	Monday Before
Wednesday	Sunday Before	Tuesday Before
Thursday	Monday Before	Wednesday Before
Friday	Tuesday Before	Thursday Before
Saturday	Wednesday Before	Friday Before
Sunday	Thursday Before	Saturday Before

LOW RESIDUE DIET (low fibre) -the following foods **are** suitable.

Dairy Products - Milk and milk drinks, butter and margarine, eggs, cheese

Meat Products - White meats, lamb, skinless chicken, boneless fish battered fish like fish fingers and poached fish.

Breakfast Cereals - Cornflakes, Rice Crispies, Frosties, Sugar Puffs and Special K without fruits

Puddings - Plain Cakes, boiled Sweets, rice pudding, tapioca, semolina, custard, clear jelly, plain ice cream, steamed sponge puddings, plain biscuits, and plain milk chocolate.

Carbohydrates, starchy foods - Plain pasta, white rice, chapatti white bread, cream crackers, potatoes without skins such as mashed or boiled potatoes.

Information for Patients

The following fluids are ok to have when fasting for your procedure:

Water	Fruit juice without pips
Fizzy drinks	Squash
Lucozade	Clear soups like oxo
Bovril	Marmite
Herbal tea	Green tea
Black tea	Black coffee

FOODS TO AVOID (high fibre) -the following foods should be **avoided three days** before your colonoscopy.

- Wholemeal bread, crackers, coarse cereals such as all Bran, Weetabix.
- All fruit except fruit juice, pudding with nut or fruit.
- All vegetables except potatoes (avoid potato with skins on), baked beans.
- Fruitcake, nuts, pips, seeds and skins of fruit (cooked or in jam).
- Pickles, tough meat red meat, sausages, pies, herrings.
- Any fish with fine white bones, high fibre crispy breads and whole-wheat crackers.

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email interpreting.service@uhb.nhs.uk