

Endoscopy department

Low residue diet

Information for patients, relatives and carers

Introduction

This leaflet is for patients who are preparing for colonoscopy to guide them on the low residue diet required before a colonoscopy procedure. This is a very important part of the preparation for the colonoscopy. It helps to make sure the bowel is clean for the procedure and that the endoscopist can see everything clearly.

What is low residue diet?

A well-balanced diet contain fibre that help with digestion and absorption of nutrients and water. However, it also helps bulking in stool, such diet can leave behind residue when preparing for a colonoscopy and makes seeing and performing the procedure harder.

Please eat a low residue diet which helps to ensure your bowel is clean for the procedure.

When do I start the low residue diet?

Two days before your procedure, only eat a low residue diet, which means foods from the **allowed** column in the table below. **Do not eat any high residue/fibre foods.**

On the day before / 24 hours before the colonoscopy, have a good breakfast, only choosing items from the low residue diet list (see table below). **After 08.00, do not eat any solid food at all.** Ensure you drink at least 2 litres of clear fluids as well.

On your procedure day, do not drink or eat anything unless told otherwise.

Food Type	Food ALLOWED	Food to AVOID
Bread, Cereals and Grains	<p>Refined breakfast cereals such as: Rice Krispies®, Coco Pops®, Weetos®, Frosties®, Cornflakes®, Sugar puffs®, Ready Brek®</p> <p>Products made from white flour for example white bread, white pasta, crumpets, English muffins, wraps, pitta bread, bagels.</p> <p>Well cooked white rice, rice noodles, egg noodles, white</p>	<p>Wholemeal cereals. Cereals containing nuts, seeds or dried fruit.</p> <p>Muesli, fruit and fibre, shredded wheat, bran flakes, Crunchy Nut Cornflakes®</p> <p>Any bread products or biscuits containing coarse grains, seeds or nuts or dried fruit such as multigrain bread, seeded batch, rye crispbread, rough oatcakes, hobnobs, muesli bars, flapjacks,</p>

	<p>noodles.</p> <p>Plain naan bread, plain chapatti, poppadoms.</p> <p>Rice pudding, semolina, tapioca, plain couscous, polenta</p>	<p>teacakes, scones, fruit loaf.</p> <p>Brown rice, brown pasta, quinoa, pearl barley.</p>
Meat, Poultry and Fish	<p>Soft, tender, minced or pureed meat or poultry without visible fat and with skin removed such as poultry, lamb, beef, pork, veal and ham.</p> <p>Plain tofu, textured vegetable protein, Seitan, Quorn®</p> <p>All types of eggs</p> <p>Fish without bones such as cod, salmon.</p> <p>Seafood (ensure prawns and shrimps are peeled)</p>	<p>Tough, gristly meat or skin including pork scratchings</p> <p>Fish with bones like sardines or with edible bones like whitebait</p>
Dairy products, fats and oils	<p>Limit all types of milk including nut and plant-based milks to no more than half a cup a day.</p> <p>As an alternative to dairy, you may like to soybean milk or soybean ice cream (e.g. Tofutti).</p>	<p>Cheese containing dried fruit, onions or nuts</p> <p>Yoghurts or fromage frais containing fruit pieces, dried fruit, nuts, seeds or cereal.</p>
Vegetables	<p>Well pureed hummus, lentil soup sieved to remove skins.</p> <p>Vegetable juices or clear soups – sieved to get rid of any seeds/skins.</p> <p>Avocado</p> <p>Gnocchi.</p>	<p>All vegetable stalks, skins, seeds and peel.</p> <p>Sweet corn, broad beans, runner beans, mange tout, sugar snap peas, sweetcorn, spinach.</p> <p>Raw vegetables such as peppers, radishes and celery, tomatoes, cabbage, leeks, onions, lettuce, spinach and salad leaves.</p> <p>Firm beans and pulses with thick skins like kidney beans, baked beans, haricot beans, barlotti beans, soybeans, puy lentils, mushy peas or</p>

		<p>chickpeas.</p> <p>Potato skins</p> <p>All curries made with lentils, beans, legumes/pulses.</p>
Fruits	<p>Fruit juice or smoothies (no seeds / pips / skins / piths).</p> <p>Cooked or stewed fruit without skin.</p> <p>Melon, canned pears, peaches or apricots, canned citrus fruit with no pith, skin or pips such as mandarins or grapefruit.</p> <p>Pureed fruit / fruit coulis (sieved).</p>	<p>All dried fruit</p> <p>Any fruit skins, pips or seeds strawberries, raspberries, blueberries, blackcurrants, gooseberries, passion fruit, pineapple, kiwi, mango, apricots.</p>
Desserts	<p>Custard, ice cream, milk puddings.</p> <p>Clear jelly.</p> <p>Plain cakes</p> <p>Vermicella (seviyan/ plain kulfi).</p>	<p>Coloured jelly e.g. red jelly.</p> <p>Ice cream containing fruit and nuts, cakes, puddings and pies containing any of the following: Wholemeal flour, dried fruit, nuts, dried coconut and any fruits you have been advised to avoid.</p>
Drinks	<p>Clear fruit and clear vegetables juices with no bits.</p> <p>Smoothies that have been sieved or have no seeds in.</p> <p>Water, soft drinks, weak tea and coffee, herbal tea.</p>	<p>Fruit and vegetable juices/smoothies with pulp and seeds</p>
Other	<p>Clear or strained soups.</p> <p>Sugar, honey, golden/maple syrup, seedless jam, marmalade.</p> <p>Dark/milk/white chocolate, boiled sweets, marshmallows, toffee.</p>	<p>Chocolate with fruit or nuts.</p> <p>Nuts, seeds, coconut and desiccated coconut.</p> <p>Marmalade with peel, jam with seeds.</p>