

Endoscopy department

Low residue diet

Information for patients, relatives and carers

Introduction

This leaflet is for patients who are preparing for a colonoscopy procedure to guide them on the low residue diet required before the 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 a low residue diet?

A well-balanced diet contains fibre that helps with digestion and absorption of nutrients and water. However, it also helps bulking in stools (poo) and this 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. This means foods from the **Food ALLOWED** column in the table below (pages 2, 3 and 4).

Do not eat any high residue or high fibre foods from the **Food to AVOID** column.

On the day before the colonoscopy, have a good breakfast, only choosing items from the low residue diet **Food ALLOWED** column.

After 08.00, do not eat any solid food at all.

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 noodles.</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, teacakes, scones, fruit loaves.</p>
	<p>Plain naan bread, plain chapatti, poppadoms.</p> <p>Rice pudding, semolina, tapioca, plain couscous, polenta.</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>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, try soybean milk or soybean ice cream, for example 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>

Food Type	Food ALLOWED	Food to AVOID
Vegetables	<p>Well-cooked or pureed root vegetables such as carrots, parsnips, turnips or swede.</p> <p>Tomatoes without skins or seeds such as tomato juice, canned deseeded tomatoes, passata, tomato puree.</p> <p>Well-pureed hummus, lentil soup sieved to remove skins.</p> <p>Vegetable juices or soups – sieved to get rid of any seeds/skins.</p> <p>Avocado.</p> <p>Mashed potatoes or well-cooked potatoes without skin, for example jacket potato, boiled potato. 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, borlotti beans, soybeans, puy lentils, mushy peas or chickpeas.</p> <p>Potato skin.</p> <p>All curries made with legumes or pulses, such as lentils or beans.</p>
Fruits	<p>Fruit juice or smoothies (no seeds, pips, skins or piths).</p> <p>Cooked or stewed fruit without skin.</p> <p>Melon, banana.</p> <p>Canned pears, peaches or apricots.</p> <p>Canned citrus fruit with no pith, skin or pips, such as mandarins or grapefruit.</p> <p>Pureed fruit or fruit coulis (sieved).</p>	<p>All dried fruit.</p> <p>Any fruit skins, pips or seeds.</p> <p>Strawberries, raspberries, blueberries, blackcurrants, gooseberries, passion fruit, pineapple, kiwi, mango, apricots.</p>

Food Type	Food ALLOWED	Food to AVOID
Desserts	<p>Custard, ice cream, milk puddings.</p> <p>Clear jelly. Plain cakes Vermicelli (seviyan / plain kulfi).</p>	<p>Coloured jelly, for example red jelly.</p> <p>Ice cream containing fruit and nuts.</p> <p>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>Fruit and 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 or smoothies with pulp and seeds.</p>
Other	<p>Clear or strained soups.</p> <p>Sugar, honey, golden and maple syrup, seedless jam, marmalade.</p> <p>Dark, milk and 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>

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street London W2 1NY

Email: ICHC-tr.Complaints@nhs.net Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk

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