

## LOW FIBRE DIET FOR COLONOSCOPY PREPARATION

Eat a selection from the “**foods allowed**” list for three days before your colonoscopy.

Once you have started drinking your preparation fluid you must not eat at all.

You may drink clear fluids only once you have started taking the preparation fluid

	FOODS ALLOWED	YOU MUST NOT EAT
<b>BREADS AND CEREALS</b>	<ul style="list-style-type: none"><li>• Rice bubbles, Cornflakes, Creamota</li><li>• Litebread or water crackers - not more than 4 per day</li><li>• White Rice</li><li>• Pasta (i.e. spaghetti, macaroni)</li></ul>	<ul style="list-style-type: none"><li>• All other breakfast cereals</li><li>• Whole meal bread, white bread, buns, biscuits, pies, pastries, all baked products containing flour</li><li>• Brown rice</li></ul>
<b>MAIN MEALS</b>	<ul style="list-style-type: none"><li>• Meat, fish, chicken - minced using stocks as liquid and flavouring</li><li>• Steamed fish</li><li>• Eggs - omelette, scrambled, poached</li><li>• Clear Soups</li></ul>	<ul style="list-style-type: none"><li>• Sausages, salami, luncheon sausage, tinned meat or fish</li><li>• Kentucky Fried Chicken</li><li>• Crumbed meat or battered fish</li><li>• Gravy, sauces</li><li>• Soups with thickening, noodles or vegetables</li></ul>
<b>FRUIT AND VEGES</b>	<ul style="list-style-type: none"><li>• Mashed Potato</li><li>• Pureed Pumpkin, Kumara, carrot</li></ul>	<ul style="list-style-type: none"><li>• All vegetables apart from those in allowed list.</li><li>• Fruits, all varieties, including dried fruit.</li></ul>
<b>DESSERTS</b>	<ul style="list-style-type: none"><li>• Jelly</li><li>• Dairy food</li><li>• Plain yoghurt</li><li>• Meringues</li></ul>	<ul style="list-style-type: none"><li>• Jelly whips</li><li>• Fruit yoghurts</li><li>• Milk puddings</li></ul>
<b>EXTRAS</b>	<ul style="list-style-type: none"><li>• Honey, jelly-jams, golden syrup, lemon curd</li><li>• Marmite, Vegemite</li><li>• Butter, vegetable oils</li><li>• Cream</li><li>• Salt, pepper, vinegar, Oxo cubes, beef tea, stock cubes, bouillon</li><li>• Fru-jus, Popsicles, iceblocks</li><li>• Plain boiled sweets (i.e. barley sugars).</li></ul>	<ul style="list-style-type: none"><li>• Jams, Marmalade with skins, seeds and pips, peanut butter.</li><li>• Nuts, popcorn, crisps</li><li>• Chocolate, toffee and all other sweets</li></ul>
<b>DRINKS</b>	<ul style="list-style-type: none"><li>• Tea, coffee</li><li>• Milk</li><li>• Strained fruit juice</li><li>• Lemonade, soft drinks, cordial</li><li>• Vegetable juice (strained)</li></ul>	<ul style="list-style-type: none"><li>• Red or purple coloured drinks</li></ul>
<b>‘CLEAR’ FLUIDS TO DRINK ONCE BOWEL PREPARATION HAS COMMENCED</b>	<ul style="list-style-type: none"><li>• Coffee or tea without milk</li><li>• Diabetic or ‘diet’ soft drinks (those made with artificial sugar).</li><li>• Clear soups</li><li>• Clear fruit juice without pulp e.g. apple, white grape juice</li><li>• Water (a squeeze of strained lemon juice may be added).</li></ul>	

