



Phoenix
Health
Solutions

PATIENT INFORMATION

Bowel Preparation – Low Residue Diet



FOR ONE WEEK PRIOR TO THE BELOW RESIDUAL DIET (IF POSSIBLE)

Please only have white bread – NO seeded bread

Please avoid anything that has seeds, including fruit:

- Onions
- Tomatoes
- Nuts
- Popcorn
- Kiwi
- Pineapple
- Lentils

LOW RESIDUE DIET – *To be followed for **3 DAYS** prior to taking the bowel preparation.*

Why Do I Need a Low Residue Diet?

A low residue diet helps reduce the amount of undigested food and fibre in your bowel. This allows the bowel preparation medicine to work more effectively and helps ensure your colonoscopy provides clear views of the bowel lining.

Poor bowel preparation can result in:

- Missed abnormalities or polyps.
- Longer procedures.
- Repeat colonoscopies.

Foods You **CAN** Eat

Bread and Cereals

- ✓ White bread
- ✓ White rolls and bagels



- ✓ Crumpets
- ✓ Plain white toast
- ✓ Cornflakes
- ✓ Rice Krispies
- ✓ Special K
- ✓ Plain crackers
- ✓ Plain biscuits (Rich Tea, Digestive without seeds)

Avoid adding seeds or dried fruit.

Meat, Fish and Protein

- ✓ Chicken
- ✓ Turkey
- ✓ Lean beef
- ✓ Pork
- ✓ Ham
- ✓ White fish
- ✓ Tuna (without seeds or vegetables)
- ✓ Eggs
- ✓ Tofu

All meat should be plain and well cooked.

Dairy Products

- ✓ Milk
- ✓ Cheese
- ✓ Yoghurts without fruit pieces
- ✓ Custard
- ✓ Rice pudding
- ✓ Ice cream (without nuts or fruit)

Potatoes and Carbohydrates

- ✓ White rice
- ✓ White pasta
- ✓ Noodles
- ✓ Plain mashed potatoes (without skins)
- ✓ Boiled potatoes (without skins)



Fruit

- ✓ Ripe banana
- ✓ Tinned peaches (without skin)
- ✓ Tinned pears (without skin)
- ✓ Melon

Vegetables

- ✓ Peeled carrots
- ✓ Peeled courgettes
- ✓ Parsnips
- ✓ Swede
- ✓ Turnips

Vegetables should be well cooked until soft.

Drinks

- ✓ Water
- ✓ Tea and coffee
- ✓ Squash
- ✓ Fizzy drinks
- ✓ Clear fruit juice without pulp

Drink plenty of fluids throughout your preparation period.

Foods You **MUST NOT Eat**

High Fibre Cereals and Grains

- X Wholemeal bread
- X Granary bread
- X Seeded bread
- X Wholegrain cereals
- X Muesli
- X Bran flakes
- X Porridge oats



- X Brown rice
- X Wholewheat pasta

Nuts, Seeds and Dried Fruit

- X All nuts
- X Peanuts
- X Almonds
- X Walnuts
- X Sesame seeds
- X Sunflower seeds
- X Chia seeds
- X Flax seeds
- X Dried fruit

Fruit to Avoid

- X Apples with skin
- X Pears with skin
- X Grapes
- X Berries
- X Kiwi fruit
- X Oranges with pith
- X Pineapple
- X Fruit containing seeds

Vegetables to Avoid

- X Sweetcorn
- X Peas
- X Beans
- X Lentils
- X Chickpeas
- X Broccoli
- X Cauliflower
- X Cabbage
- X Spinach
- X Salad leaves
- X Mushrooms
- X Onion

Other Foods to Avoid



- X Popcorn
- X Coconut
- X Granola
- X Fruit and nut bars
- X High fibre snacks
- X Foods containing seeds

Example Low Residue Meal Plan

Breakfast

- Cornflakes with milk
- White toast with butter
- Tea or coffee

Mid-Morning Snack

- Plain biscuit
- Banana
-

Lunch

- Ham sandwich on white bread
- Plain crisps
- Yoghurt

Afternoon Snack

- Rice pudding

Evening Meal

- Grilled chicken breast
- Mashed potato (no skin)
- Well-cooked carrots

Supper

- Custard
- Tea or squash

The Day Before Your Colonoscopy

- Stop eating solid food at the time stated in your bowel preparation instructions.
- Move to clear fluids only.
- Take your bowel preparation exactly as instructed.

Examples of clear fluids include:



- ✓ Water
- ✓ Clear squash
- ✓ Black tea or coffee (no milk)
- ✓ Clear apple juice
- ✓ Clear consommé or broth
- ✓ Isotonic sports drinks

Avoid:

- X Milk
- X Smoothies
- X Fruit juice with pulp
- X Alcohol
- X Red, purple, or blue-coloured drinks (unless advised otherwise)

Important Information

Please contact the Endoscopy Unit before starting your bowel preparation.

If you have:

- Diabetes
- Kidney disease
- Heart failure
- A stoma
- Special dietary requirements

Following the low residue diet and bowel preparation instructions carefully gives the best chance of a successful colonoscopy and may prevent the need for a repeat procedure.