



Phoenix
Health
Solutions

PATIENT INFORMATION

Low Residue Diet to be taken 3 days before bowel preparation



Low Residue Diet to be taken for 3 days before taking bowel preparation, then follow the instructions sheet on taking bowel preparation.

The following is a list of suggested foods. Please note that this is not a complete list.

Coffeemate, coffee compliment

Fats (use sparingly):

Margarine, butter, vegetable oils, lard, mayonnaise, cream substitutes

Eggs:

Boiled or poached

Cereal:

Corn or rice based cereals e.g. cornflakes, puffed rice, rice krispies. No bran

Potatoes without skins:

Boiled, baked, creamed and mashed

Rice/ noodles:

Plain, boiled white rice, noodles

Pasta:

Plain macaroni or spaghetti

Meat/fish:

Minced or well-cooked tender, lean beef, lamb, ham, veal, pork, poultry, fish (not oily), shellfish

Gravy:

Using stock cubes (white flour or corn flour may be used to thicken)

Breads:

White bread, melba toast, milk toast

Vegetables:

Tender, well-cooked root vegetables such as carrots, de-pipped and skinned tomatoes and cauliflower florets

Sweets:

White sugar, brown sugar, clear jelly, honey, boiled sweets and glacier mints

Desserts:

Plain cake or biscuit without fruit/nuts, white macaroni, semolina, fat-free sponge, ice Lollies

Drinks:

Energy drinks, water, soda water, tiny amount of milk allowed in tea/coffee (preferably black), fizzy drinks and squashes (NOT BLACKCURRANT), strained fruit juice, clear soup made from e.g. stock cubes, meat extract drinks



Low Residue diet

Suggested meal plan

<u>Breakfast</u>	Cornflakes, Rice krispies with coffeemate (mixed with water) White bread/toast Butter or margarine sparingly Seedless jam or honey
<u>Mid-morning</u>	Plain biscuits, e.g. Rich Tea, Morning Coffee Weak tea or coffee, squash, fizzy drink
<u>Lunch</u>	Fruit juice or clear soup Lean meat/fish/eggs Boiled potato/white pasta/white rice Vegetables (as allowed) Suitable dessert e.g. jelly, sorbet, sieved fruit
<u>Mid afternoon</u>	As mid morning
<u>Evening Meal</u>	Fruit juice Meat/fish/eggs White bread with butter or margarine (sparingly) Or boiled potatoes (without skins) Plain, fat-free sponge cake Weak tea/squash
<u>Bedtime</u>	Plain biscuits White toast or allowed cereal (with Coffeemate and water) Weak tea or coffee, squash

