

Low Fibre Diet for Colonoscopy Preparation



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A low fibre diet reduces the volume of your bowel movements, which helps with adequate cleansing of your bowel prior to colonoscopy. Please follow the food guide below from three days prior to your appointment. See over page for sample meal plan.

Food Groups	Allowed	Avoid
Bread, Cereals, Rice, Pasta, Noodles	White bread / crumpets / English muffins. Processed breakfast cereals e.g. <i>Rice Bubbles™</i> , <i>Cornflakes™</i> , <i>Special K™</i> . White rice / pasta, sago, tapioca, semolina. White flour, cornflour, custard powder. Plain sweet and savoury biscuits or cakes.	Wholemeal/wholegrain bread, fruit bread, rye bread. Wholegrain breakfast cereals or any with fruit, nuts or coconut, e.g. Muesli, <i>All Bran™</i> , <i>Weetbix™</i> . Oats and oat bran, muesli bars Brown rice, pasta, maize, wholemeal flour, wheat germ. Sweet and savoury biscuits or cakes made with wholemeal flour, nuts, dried fruit or coconut.
Vegetables	Ensure all vegetables are peeled and well cooked Potato, pumpkin and zucchini. Cauliflower and broccoli tips. Spring onions, lettuce, asparagus spears and button mushrooms. Strained vegetable juice.	All raw vegetables. Any vegetables not listed in the "allowed" column.
Fruit	Pawpaw/melon (no seeds), banana. Well-cooked fruit with no skin or pips. Canned fruits except pineapple. Strained fruit juice.	Fruit with skin, pips, or of very "fibrous" texture e.g. pineapple. Dried fruit. Any other fruits not listed in the "allowed" column.
Milk, yogurt, cheese	All varieties of milk. Plain yoghurt, custard, cheese, plain or flavoured ice cream.	Ice cream or gelato containing dried fruit, nuts or coconut. Products containing "chunky fruit".
Meat, fish, poultry, eggs, nuts, legumes	Chicken (no skin), fish, turkey, ham. Tofu. Eggs.	Legumes e.g. Baked beans, lentils, soy beans, kidney beans. Nuts and seeds.
Other	All fats including butter, margarine, salad dressings, mayonnaise. Sugar, honey, syrups. Boiled lollies, jubes, chocolate with no fruit, nuts or coconut. Spreads without seeds or skin. Soup made from allowed ingredients. Desserts made from allowed foods e.g. jelly, custard, icecream. Gravy, salt, pepper, spices.	Popcorn, coconut, crunchy peanut paste, chocolate with nuts and fruit. Chutney and pickles.



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Sample low fibre meal plan:

Breakfast:

- Strained fruit juice.
- Rice bubbles with milk.
- White toast / bread / crumpets with margarine / butter.
- Honey/ jam/ vegemite.
- Egg / cheese.

Lunch:

- Chicken / fish / ham / egg / cheese.
- White bread and margarine / butter.
- Tinned fruit and custard or plain cake.

Dinner:

- Strained soup.
- Chicken / fish / ham / egg / cheese.
- Potato, white rice or pasta.
- Small serve of “allowed” vegetables.
- Bowl of plain ice cream.

Between meals:

- Cup of milo made with milk.
- Plain cake / biscuits / crackers.
- Tub of plain yoghurt.

Day prior to procedure

After a low fibre breakfast and up until 12 midday you may consume a liquid diet, including any of the following;

- Clear soup
- Clear juice
- Jelly
- Icecream
- Yoghurt
- Custard

From 12 midday until after your procedure, you may only consume clear fluids, including;

- Water
- Tea or coffee with **no milk**
- Light coloured fizzy drinks e.g. lemonade, ginger ale or sports drinks
- Cordial
- Clear apple juice

Note: avoid drinks with strong colours, such as red or purple