

FOOD GROUPS	FOODS ALLOWED	FOODS NOT ALLOWED
<p>FRUIT</p> 	<p>AVOID ALL SKIN & SEEDS</p> <p>Clear strained fruit / vegetable juice.</p>	<p>NO FRUIT ALLOWED</p> <p>Dried fruit. Prune juice.</p>
<p>VEGETABLES</p> 	<p>AVOID ALL SKIN & SEEDS</p> <p>Skin free pumpkin and potato – mashed, steamed or baked.</p> <p>Potato salad with mayonnaise, egg, ham.</p>	<p>NO VEGETABLES OR SALADS ALLOWED.</p> <p>Legumes (baked beans, kidney beans). Lentils.</p>
<p>NUTS, SEEDS & GRAINS</p> 	<p>AVOID ALL NUTS AND SEEDS</p>	<p>Any nuts. Any nut product.</p>
<p>BREADS, CEREALS & PASTA</p> 	<p>White bread, white rice, white flour. White pasta with oil or cream sauce.</p> <p>Refined breakfast cereals (Cornflakes, Rice Bubbles). Semolina.</p> <p>Plain biscuits/cakes/scones/muffins (made with flour & allowed ingredients). Brioche, croissants, waffles, pancakes made with white flour. Plain rice cakes and crackers.</p>	<p>Wholemeal / multigrain / rye breads. White bread with added bran. Brown rice, wholemeal pasta with chunky sauce. Wholegrain breakfast cereals (muesli, rolled oats, porridge, All Bran). Wholemeal flour. Biscuits, cakes and crackers made with wholemeal flour or containing fruit, nuts, or seeds such as sesame/poppy.</p>
<p>MEAT / FISH / EGGS / TOFU</p> 	<p>NO RED MEAT DAY BEFORE PROCEDURE</p> <p>Fish, poultry, lean meat (sausages, bacon, meat curries, and meat pies). Tofu, eggs. Meringue.</p>	<p>Casseroles containing prohibited vegetables. Pizza.</p>
<p>MILK / DIARY / OILS</p> 	<p>All milk products, cream, butter, cheese, plain yoghurt, white sauce, sour cream. Plain ice cream, custard. Margarine, oil. Mayonnaise.</p>	<p>Fruit yoghurt.</p>
<p>MISCELLANEOUS</p> 	<p>NO ALCOHOL DAY BEFORE PROCEDURE</p> <p>Most soft drinks & cordials, tea & coffee. 1 glass/day of white wine or spirits. Boiled lollies, toffees, sugar, honey, syrup. Plain chocolate. Salt, pepper, herbs, spices. Vegemite, lemon butter, cheese spreads. Meat and fish pastes.</p>	<p>CEASE TAKING ALL FIBRE SUPPLEMENTS</p> <p>Beer, red wine. Drinks with red or purple food colouring. Fruit and / or nut chocolate. Marzipan, fruit mince pies. Marmalades, jams & peanut butter. Popcorn. Mustard, most relishes.</p>

Pre-Colonoscopy Dietary Instructions

LOW FIBRE DIET

Start Diet on: _____

Fibre is the part of plant foods which humans cannot break down. Fruit, vegetable, nuts, coconut, multigrain and wholemeal flours and cereals contain fibre that passes through the digestive track and enters the large intestine (colon) largely unchanged leading to the build-up of stool. Avoid these food groups. *A more detailed list of foods that are suitable and foods to avoid is listed on page 4.*

Protein and carbohydrate are almost completely digested and absorbed in the small intestine, so little residue passes into the bowel after eating foods such as meat, eggs, white bread, white rice and white pasta. These foods make it easier to clear your bowel with the solutions you are asked to drink as there is less material in the bowel to be cleared.

To increase diagnostic accuracy and avoid the possibility of a repeat examination your bowel must be clear.

PLEASE ENSURE THAT YOU DRINK AT LEAST 6-8 GLASSES OF WATER EVERY DAY.

SUGGESTED MENU PLAN * Please choose a small selection for each meal *		
BREAKFAST	LUNCH / DINNER	SNACKS
JUICE: Apple, Cranberry, pear, white grape YOGHURT: NO fruit or nut topping, NO muesli CEREAL: Cornflakes, Rice Bubbles SAVOURY: Eggs (poached, boiled or scrambled). Bacon, sausage, savoury mince Hash browns. Plain bagel with sour cream and salmon SWEET: White toast, plain bagel or plain croissant (French toast, cinnamon, sugar, vegemite, honey) Muffin – white flour no fruit or nuts. Crumpets and honey. Pancakes with syrup. Chocolate brioche.	SOUPS: Clear soups, broths (chicken noodle) Pumpkin, potato and bacon SANDWICHES: (white bread, roll, panini). Chicken, ham, tuna, turkey, pastrami, corned beef, cheese, egg. VEGETABLES: Skinless potato or pumpkin (baked, steamed, mashed). Potato salad, croquettes PASTAS: Pasta carbonara or macaroni cheese (NO tomato paste or bottled sauces). MEATS & ALTERNATIVES: Fish, steak, chops, ham, chicken, turkey, plain tofu (NO red meat the day before procedure). DESSERTS: Baked custard, crème brulee, chocolate puddings, Plain ice cream, tiramisu, caramel tart, lemon delicious.	SAVOURY: Cheese and crackers. Rice cakes. Protein bars (NO nuts). Ham quiche. Parmesan cheese sticks. Wedges with sour cream. SWEET: Chocolate. Biscuits / cakes / cheesecakes made with white flour (NO nuts). Pikelets / scones / waffles with lemon & sugar, honey or syrup. Vanilla slice. Doughnuts. Custard danish or custard tart. Meringue kisses. Marshmallows.
		BEVERAGES
		COLD: Water, Cordial, Milkshakes, Egg flips, Protein shakes, Clear sports drinks, Iced tea, Iced Coffee, Milo, Sustagen / Ensure / Digestilact (plain or chocolate). HOT: Hot chocolate, Tea, Coffee.