

Important:

Eat and drink a selection from the “allowed” list for three days before your bowel prep starts.



Remember, once you have started drinking your preparation fluid you **must not eat at all.**
You **may drink clear fluids only** from the clear fluids list

LOW FIBRE DIET FOR COLONOSCOPY PREPARATION

Food Groups	Allowed	Avoid
Bread, Cereals, Rice, Pasta, Noodles	<ul style="list-style-type: none">• White bread/ Crumpets/ English muffins.• Processed breakfast cereals e.g. Rice Bubbles, Cornflakes, Special K etc.• White rice/pasta, sago, tapioca, semolina.• White flour, corn flour, custard powder.• Plain sweet and savoury biscuits or cakes.	<ul style="list-style-type: none">• Wholemeal / wholegrain bread, fruit bread / Rye bread.• Wholegrain breakfast cereals or any with fruit, nuts or coconut e.g. Muesli, All Bran, Weetbix.• 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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• All raw vegetables.• Any vegetables not listed in the “Allowed Column”
Fruit	<ul style="list-style-type: none">• Pawpaw and melon (no seeds) banana.• Well cooked fruit with no skin or pips.• Canned fruit except pineapple.• Strained Fruit juice.	<ul style="list-style-type: none">• Fruit with skin, pips of very “fibrous” texture. Dried fruit.• Any other fruits not listed in the “Allowed Column”
Milk, Yoghurt, Cheese	<ul style="list-style-type: none">• All varieties of milk• Plain yoghurt, custard, vanilla plain cheese, plain or flavoured ice cream	<ul style="list-style-type: none">• Ice cream or gelato containing dried fruit, nuts, coconut.• Products containing “chunky fruit” pieces
Meat, Fish, Poultry, Eggs, Nuts and Legumes	<ul style="list-style-type: none">• Chicken (no skin), fish, turkey• Ham• Tofu• Eggs	<ul style="list-style-type: none">• Legumes e.g. Baked beans, lentils, soy beans, kidney beans• Nuts and seeds

Please Turn Over

Food Groups	Allowed	Avoid
Other	<ul style="list-style-type: none"> All fats including butter, margarine, salad dressings, mayonnaise Sugar, honey, syrups, ice-cream toppings Boiled lollies, jubes, chocolate with no fruit, nuts or coconut Spreads without seeds or skin Soup made with “Allowed ingredients” Desserts made from “Allowed foods” e.g. junket, jelly, custard, ice-cream Gravy, salt, pepper, dried herbs and spices 	<ul style="list-style-type: none"> Popcorn, coconut, crunchy peanut butter, chocolate with nuts and fruit Chutney and pickles
Clear Fluids <i>(after 12 midday, day before colonoscopy)</i>	<ul style="list-style-type: none"> Water, tea or coffee with NO MILK, light colored fizzy drinks (lemonade, ginger ale) cordial, lucozade 	<ul style="list-style-type: none"> Red or Purple drinks

Sample of Low Fibre Meal Plan

Breakfast:

- 1 glass strained fruit juice
- Rice bubbles with milk. Sugar optional
- White toast/bread/crumpets with butter or margarine
- Honey/jam/vegemite
- Egg/cheese, (if desired)

Lunch:

- Chicken/fish/ham/egg/cheese
- White bread and margarine/butter
- Tin fruit and custard or plain cake
- Cup of tea or coffee

Dinner:

- Strained soup
- Chicken/fish/ham/egg/cheese
- Potato, white rice or pasta
- Serve of “Allowed vegetables”
- Bowl of plain ice cream
- Cup of tea or coffee

Between Meals:

- Cup of Milo
- Plain biscuits/cake/cracker biscuits
- Tub of plain yoghurt