











Low Fibre Diet Suggestions


TYPE OF FOOD OR DRINK		YES OK TO EAT THESE FOODS	NO AVOID THESE FOODS
Bread & grains		<p>Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta)</p> <p>White rice, pasta, noodles and risotto</p> <p>rice, couscous, polenta, semolina & tapioca</p> <p>Plain crackers/biscuits</p> <p>Low-fibre cereal (including puffed rice, rice krispies, cornflakes)</p>	<p>NO whole grains or high-fibre:</p> <p>Brown or wild rice, wholewheat pasta</p> <p>Whole grain bread, rolls, pasta, or crackers with nuts or seeds.</p> <p>Whole grain or high-fibre cereal (including granola, raisin bran, oatmeal, Weetabix, muesli, shredded wheat, fruit & fibre)</p> <p>Quinoa, bulgar or barley. Bombay mix</p>
Meat		<p>Chicken/ turkey.</p> <p>Fish - cod, plaice, hoki, trout, smoked haddock, salmon, tinned tuna.</p> <p>Seafood</p> <p>Eggs</p>	<p>Fatty meat or gristly meat including- lamb, pork, bacon, goose, duck, sausages, burgers, pate, salami.</p> <p>Fried fish, fish tinned in oil, fish with bones or fatty fish e.g. herrings, kippers, mackerel, sardines, pilchards.</p>
Protein		<p>Tofu- silken, marinated, smoked</p> <p>Pea protein</p> <p>Tempeh / Mycoprotein</p> <p>Milk, yogurt, cream, cheese</p> <p>Dairy milk alternative (soy, almond, rice, oat)</p> <p>Textured vegetable protein (tofu)</p> <p>Creamy (smooth) peanut or almond butter</p>	<p>Legumes, including dried peas (including split or black-eyed), dried beans (including kidney, pinto, garbanzo/ chickpea) and lentils.</p> <p>Nuts, including peanuts, almonds, walnuts and chunky nut butter</p> <p>Seeds, including fennel, sesame, pumpkin, sunflower.</p>
Vegetables		<p>OK for some if cooked or canned:</p> <p>Canned or cooked vegetables without skin or peel.</p> <p>Peeled carrots/ turnips/asparagus tips</p> <p>Potatoes without skin</p> <p>Cucumbers/ tomatoes without seeds or skin.</p> <p>Avocado (ripe)</p> <p>*Limit intake to 2 portions of vegetables per day (1 portion = 3 heaped tablespoons)*</p>	<p>NO raw, skin, seeds, peel; or certain other vegetables:</p> <p>Corn</p> <p>Potatoes with skin</p> <p>Cucumbers with seeds and peel</p> <p>Cooked cabbage or brussels sprouts</p> <p>Green peas</p> <p>Summer and winter squash</p> <p>Lima beans</p> <p>Onions</p> <p>Mushrooms</p>
Fats & oils		<p>Vegetable and other oils</p> <p>Salad dressings made without seeds or nuts</p> <p>Mayonnaise</p> <p>Butter/ spread</p>	<p>Salad dressing made with seeds or nuts</p>
Fruits		<p>Apple sauce</p> <p>Ripe cantaloupe and honeydew</p> <p>Watermelon without seeds or rind</p> <p>Ripe, peeled apricots and peaches</p> <p>Canned or cooked fruit without seeds or skin</p> <p>*Limit intake to 2 portions of fruit per day (1 portion = 1 piece of fruit or the equivalent of 1 handful)*</p>	<p>NO seeds, skin, membranes; or dried fruit:</p> <p>Raw fruit with seeds, skin, or membranes (includes berries, pineapple, apples, oranges, banana)</p> <p>Any cooked or canned fruit with seeds or skin</p> <p>Raisins or other dried fruit</p>

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Soups		Broth, bouillon, consommé, and strained soups Milk or cream-based soup, strained	Unstrained soups Lentil / Dried bean / Corn / Pea soup
Desserts		Custard, jelly, ice cream Plain cakes or biscuits, cookies made with white flour, prepared without seeds, dried fruit, or nuts Sherbet or sorbet No red or purple dye Boiled sweets, Fruit Gums, Pastilles	Coconut, popcorn, seeds or nuts Cereal bars Anything with added red/ purple dye Cakes or desserts containing raisins, sultanas, currants or candied peel. Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts
Condiments/ Spreads		Yeast extract spread Honey/ treacle syrup/ jam or marmalade with no seeds/ peel Smooth chutneys or pickles Stock cubes/ gravy granules	Seeded jam Marmalade with peel Chutneys or pickle containing skins, peel or raisins
Drinks or beverages		Coffee / tea/ hot chocolate / cocoa Clear fruit juice/ drinks (no pulp) Soda & other carbonated beverages Complan, Fortisip or Ensure without added fibre Milkshakes	Fruit or vegetable juice with pulp Beverages with red or purple dye Smoothies containing fruit or vegetables

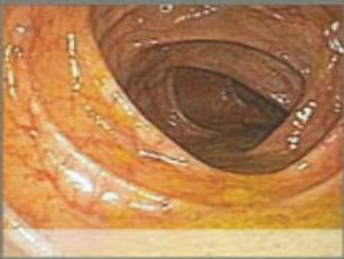
This dietary plan is only intended for short term use for **5 days** prior to a procedure requiring bowel preparation. Following this plan longer term is likely to cause nutrient deficiency and should only be carried out with the support of a Registered Dietitian.

Once bowel preparation has commenced clear fluids should be drunk, clear fluids are liquids you can see through- water, rehydration drinks, clear fruit squash, clear broth, weak tea - **NO MILK**

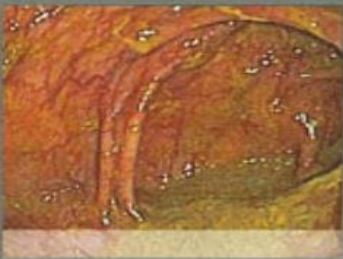
Excellent prep



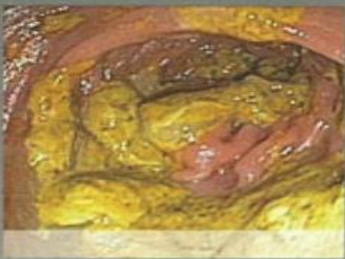
Good prep



Fair prep




Poor prep




• Follow your doctor's directions to ensure your colon is as clean as possible


• A fair or poor prep can leave the colon dirty—making it difficult for your doctor to spot abnormal growths^{4,5}




Flat lesion



Depressed lesion



Polyp



Elevated lesion

If your bowel preparation is poor as shown above and your endoscopists is unable to exclude abnormalities, you will likely need a repeat procedure. For further advice contact: **Conquest Endoscopy Department-** 03001315297 / **EDGH Endoscopy Department-** 03001314595