











Pre-Endoscopy Low Fibre Diet

TYPE OF FOOD OR DRINK		YES OK TO EAT THESE FOODS	NO AVOID THESE FOODS
Bread and grains		<p>Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta)</p> <p>White rice, pasta, noodles and risotto rice</p> <p>Couscous, polenta, semolina and 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</p> <p>Whole grain or high-fibre cereal (including granola, raisin bran, oatmeal, Weetabix, muesli, shredded wheat, fruit and fibre)</p> <p>Bread or cereal with nuts or seeds</p> <p>Quinoa, bulgar or barley</p> <p>Bombay mix</p>
Meat		<p>Chicken</p> <p>Turkey</p> <p>Fish - cod, plaice, hoki, trout, smoked haddock, salmon, tinned tuna in brine or spring water.</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</p> <p>Milk, yogurt, cream, cheese</p> <p>Dairy milk alternative (soy, almond, rice, oat)</p> <p>Textured vegetable protein (tofu)</p> <p>Mycoprotein</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 well-cooked vegetables without skin or peel</p> <p>Peeled carrots</p> <p>Turnips</p> <p>Asparagus tips</p> <p>Potatoes without skin</p> <p>Cucumbers without seeds or peel</p> <p>Avocado (ripe)</p> <p>Tomatoes without seeds or skin</p> <p>*Limit intake to 2 portions of vegetables per day (1 portion = 3 heaped tablespoon)*</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 and oils		<p>Vegetable and other oils</p> <p>Salad dressings made without seeds or nuts</p> <p>Mayonnaise</p> <p>Butter and margarine</p>	<p>Salad dressing made with seeds or nuts</p>

TYPE OF FOOD OR DRINK		YES OK TO EAT THESE FOODS	NO AVOID THESE FOODS
Fruits		<p>Applesauce Ripe cantaloupe and honeydew Watermelon Ripe, peeled apricots and peaches Canned or cooked fruit without seeds or skin *Limit intake to 2 portions of vegetables per day (1 portion = 1 piece of fruit or the equivalent of 1 handful)*</p>	<p>NO seeds, skin, membranes; or dried fruit: Raw fruit with seeds, skin, or membranes (includes berries, pineapple, apples, oranges, watermelon, banana) Any cooked or canned fruit with seeds or skin Raisins or other dried fruit</p>
Soups		<p>Broth, bouillon, consommé, and strained soups Milk or cream-based soup, strained</p>	<p>Unstrained soups Chilli Lentil soup Dried bean soup Corn soup Pea soup</p>
Desserts		<p>Custard, jelly Plain cakes or biscuits Ice cream Sherbet or sorbet Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts Boiled sweets, Fruit Gums, Pastilles</p>	<p>Coconut, popcorn Cereal bars and anything with seeds or nuts Cakes or desserts containing raisins, sultanas, currants or candied peel. Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts</p>
Condiments/ Spreads		<p>Yeast extract spread Honey, treacle syrup Jam with no seeds Marmalade with no peel Smooth chutneys or pickles Stock cubes/ Gravy granules Salt and pepper, herbs and spices</p>	<p>Seeded jam Marmalade with peel Chutneys or pickle containing skins, peel or raisins</p>
Drinks or beverages		<p>Coffee / Tea Hot chocolate / cocoa Clear fruit drinks (no pulp) Soda and other carbonated beverages Fruit juice without pulp Complan, Fortisip or Ensure without added fibre Milkshakes</p>	<p>Fruit or vegetable juice with pulp Beverages with red or purple dye Smoothies containing fruit or vegetables</p>

Please avoid food/fluids with red/purple food colourings as these can stain the bowel.

This dietary plan is only intended for short term use for 3-5 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 medication 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**

For further advice contact;
Conquest Endoscopy Department- 0300 131 5297
EDGH Endoscopy Department- 0300 131 4595