










# Pre-Endoscopy Vegan 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</p> <p>Low-fibre cereal (including puffed rice, cream of wheat, cornflakes)</p>	<p><b>NO whole grains or high-fibre:</b></p> <p>Brown or wild rice</p> <p>Whole grain bread, rolls, pasta, or crackers</p> <p>Whole grain or high-fibre cereal (including granola, raisin bran, oatmeal)</p> <p>Bread or cereal with nuts or seeds</p> <p>Quinoa, bulgur or barley</p>
Protein		<p>Tofu- silken, marinated, smoked</p> <p>Pea protein</p> <p>Tempeh</p> <p>Non-dairy vegan cheese</p> <p>Non -dairy milk alternative (soy, almond, rice, oat</p> <p>Textured vegetable protein</p> <p>Mycoprotein</p> <p>Vegan yogurt</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><b>OK for some if cooked or canned:</b></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><b>*Limit intake to 2 portions of vegetables per day (1 portion = 3 heaped tablespoon)*</b></p>	<p><b>NO raw, skin, seeds, peel; or certain other vegetables:</b></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>
Fruits		<p>Applesauce</p> <p>Ripe cantaloupe and honeydew</p> <p>Watermelon</p> <p>Ripe, peeled apricots and peaches</p> <p>Canned or cooked fruit without seeds or skin</p> <p><b>*Limit intake to 2 portions of vegetables per day (1 portion = 1 piece of fruit or the equivalent of 1 handful)*</b></p>	<p><b>NO seeds, skin, membranes; or dried fruit:</b></p> <p>Raw fruit with seeds, skin, or membranes (includes berries, pineapple, apples, oranges, watermelon, banana)</p> <p>Any cooked or canned fruit with seeds or skin</p> <p>Raisins or other dried fruit</p>

TYPE OF FOOD OR DRINK		YES OK TO EAT THESE FOODS	NO AVOID THESE FOODS
Fats and oils		Vegetable and other oils Salad dressings made without seeds or nuts Vegan mayonnaise	Salad dressing made with seeds or nuts
Soups		Broth, bouillon, consommé, and strained soups Milk or cream-based soup, strained	Unstrained soups Chilli Lentil soup Dried bean soup Corn soup Pea soup
Desserts		Non-dairy custard/pudding Plain sponge pudding Vegan ice cream Sherbet or sorbet Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts	Coconut 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
Condiments/ Spreads		Yeast extract spread Honey Jam with no seeds Marmalade with no peel Smooth chutneys or pickles Salt and pepper Herbs and spices	Seeded jam Marmalade with peel Chutneys or pickle containing skins, peel or raisins.
Drinks or beverages		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 Non-dairy milkshakes	Fruit or vegetable juice with pulp Beverages with red or purple dye Smoothies containing fruit or vegetables

**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