

Preparing for your colonoscopy

3 days prior to your procedure, start a “low residue diet”

AVOID FOODS THAT CONTAIN NUTS, WHOLE GRAINS, SKINS, SEEDS OR ARE HIGH IN FIBRE

Day: _____ Date: _____

THERE IS A SUGGESTED MENU FOR THESE 3 DAYS ON THE BACK PAGE

The following table suggests types of foods to avoid and those allowed during these 3 days.

 AVOID	 ALLOWED
Wholegrain bread, fibre enriched white bread, wholemeal (brown) rice or pasta, corn meal, cereals, muesli, muesli bars, oats (porridge)	English muffins, croissant, French toast, plain white bread, white toast, panini, Cornflakes®, Rice Bubbles®, white flour, white pasta, white rice
Casseroles or dishes containing vegetables	Lean beef, pork, lamb, veal, fish, poultry, eggs, bacon, meat curries (no onion) Plain meat/steak and bacon pies, tofu, meat substitutes
Strawberries, passionfruit, citrus fruit, grapes, tomato, capsicum, peas, corn, onions Legumes, such as baked beans or kidney beans, lentils, barley, split peas All fruit and vegetable skins and seeds	Clear strained pulp-free fruit juice (clear apple, clear pear), strained vegetable juice (V8®) Skin free pumpkin and potato (mashed, steamed, baked), potato salad with mayonnaise, egg, ham
Coconut, dried fruit, nuts, sultanas, raisins, seeds e.g. linseed, sesame, sunflower, poppy Fruit yoghurt, Jevity®, Sustagen® Hospital with fibre, Nutrison® Multi Fibre	Plain yoghurt, cheese, white sauces, sour cream, butter, margarine, oil, mayonnaise, vanilla ice cream, meringue, custard
Jams and marmalades with skins, seeds or peel, peanut butter, mustard, most relishes	Vegemite®, honey, lemon butter, cheese spread, fish and meat paste
AVOID ALL FIBRE SUPPLEMENTS SUCH AS: Normafibe®, Normacol Plus®, Nucolox®, Benefiber®, Fybogel®, Metamucil®, psyllium	Include at least 6 - 8 glasses of fluid per day: Strained broths, clear soups, beef tea, soup cubes, water, soda water, tea (no milk), coffee (no milk), cordial, Bonox®, Bovril®, Aktavite®, Sustagen®, Ensure®, Digestelact®

'Low residue diet' menu plan - suggestion only

This menu plan is a suggestion only and is not intended for long term use, as it contains fewer vegetables and fruits than recommended in a balanced diet.

BREAKFAST	LUNCH /DINNER	SNACKS
Juice - apple, cranberry, pear, white grape	Clear soups, broths	Cheese and plain crackers
Plain yoghurt (no fruit or nut topping)	Fish, steak, chops, ham, chicken, turkey	Rice cakes, protein bars (no nuts)
Small bowl Cornflakes® or Rice Bubbles®	Potato or pumpkin (skinless), baked, steamed, mashed, potato salad	Ham quiche
2 eggs poached, boiled or scrambled	Pasta carbonara or macaroni	Parmesan cheese sticks
Bacon, sausage	Cheese	Skinless wedges with sour cream
Hash browns	Sandwiches - white bread / roll	Cake based on white flour
1 slice white toast	Panini: chicken, ham (no mustard), tuna, turkey, pastrami, corned beef, cheese, egg	Biscuits based on white flour
French toast, cinnamon sugar	Baked rice custard, chocolate mousse	Chocolate biscuits – no nuts
Vegemite®, honey	Plain ice-cream	Cheesecake - no wholemeal crust
Croissants - plain or ham and cheese	Water, soft drink, tea (no milk), coffee (no milk)	Scones with honey
Low fibre muffin - no fruit or nuts		Pikelets with lemon & sugar or honey
Crumpets and honey		Waffles with syrup
Pancakes with syrup		Vanilla slice (no passionfruit seeds), doughnut, custard danish or custard tart, meringue kisses
Chocolate brioche		Light coloured sports drinks, tea (no milk), iced tea, coffee (no milk)
Tea (no milk), coffee (no milk), water		Ensure®, Digestelact®, water

Clear fluids include:

- Water
- Black tea
- Black coffee
- Cordial – orange or lemon
NO red, green, purple or blue
- Fruit juice – clear and pulp-free juice
- Clear soup – strain bits out before drinking
- Yellow or orange jelly
- Sports drinks eg Gatorade® or Powerade®. **NO red, green, purple or blue**
- Beef tea (e.g. Bovril®, Bonox®)
- Soup cubes (e.g. stock cube in hot water)

Note: Please read the PLENVU® Consumer Medication Information (package insert) in the PLENVU® box or www.norgine.com.au/our-products/plenvu before use.