

INFORMATION FOR PATIENTS

Low residue diet guidance

This is a patient guide for a low residue diet. This includes what foods are advised and what foods to avoid prior to a colonoscopy or capsule endoscopy procedure.



Guidance and advice for preparing your bowel for a camera test into your bowel

As you are to have a test to look into your bowel, we need to ensure you are fully prepared. One part of this preparation is to ensure your bowel is free of food residue before you start taking your bowel preparation liquid.

For this we ask you to follow a low residue diet; this consists of foods which pass through the gut and don't leave a residue or any undigested food behind. You will be asked to start this diet three or five days before your test. You will be told how many days to complete when your test is booked by your healthcare professional.

Following this diet, along with your bowel preparation, means your colon should be clear and clean allowing your colon to be viewed by our healthcare professionals with specific cameras and for any abnormalities to be identified.

The following pages are a list of foods which are acceptable, and which to avoid, prior to your test. There are also sample menus as an example of how you could manage the diet for the days required.

	Foods to include	Foods to avoid
Protein foods including meat, fish, eggs and alternatives	Lean proteins including skinless chicken, lamb, beef, pork, turkey, offal (liver & kidney), fish, eggs, tofu, Quorn.	Tough meat and gristle, lentils, chickpeas, beans of any variety (e.g., butter, borlotti, red kidney beans, baked beans).
Dairy	Milk, cheese, yoghurt or fromage frais, custard, cream, margarine, butter or spreads, crème fraiche or sour cream.	Yoghurt containing whole fruit, nuts or muesli, cheese containing fruit or nuts.
Cereal	Cornflakes, rice cereals e.g., Rice Krispies, and strained porridge e.g., Ready Brek.	All Bran/Bran Flakes, Weetabix, muesli, Fruit and Fibre, porridge oats, Shredded Wheat, any cereal containing dried fruit nuts or granola.
Bread	White bread, chapattis (if made with white flour), white pitta bread, poppadom's, garlic bread, cream crackers, rice cakes, plain couscous.	Wholemeal bread, wholemeal crackers, seeded bread or crackers, wholemeal pitta bread, wholemeal wraps.
Pasta and rice	White rice, any variety of white pasta or noodle.	Brown rice, pearl barley, Quinoa, wholemeal pasta or noodles.
Fruit	Peeled, stewed fruit, soft peeled fruit, e.g., plums, mangoes, smooth fruit juice, ripe banana, tinned peaches or pears, melon without seeds, avocado.	Dried fruit (raisins, currants, prunes, apricots), fruit with skin and pips, oranges and other citrus fruits, fruit juices or smoothies with bits.

Vegetables	Well cooked, peeled carrots, turnips/swede, butternut squash, marrow, pumpkin, well-cooked broccoli or cauliflower (no stalk), passata or tomato puree, potato without skin.	Most raw vegetables, Parsnip, salad vegetables, lettuce, cucumber, spring onion, whole tomatoes, peppers, raw spinach, celery, peas and sweetcorn, bean sprouts, mushrooms, Brussel sprout, cabbage
Drinks	Tea, coffee, milk, fizzy drinks, Horlicks, cocoa (avoid caffeine if possible).	Fruit juices with bits
Other	Oil (olive, canola, soy), Plain biscuits e.g., Rich Tea, Nice or shortbread, plain scones, sugar, honey and syrup, seedless jam, smooth peanut butter, ice cream /lollies/sorbet, jelly, chocolate, crisps, sauces such as mayonnaise, tomato ketchup, BBQ sauce, smooth English mustard, and sugar and sweeteners	Soup with chunks of vegetables, jam with pips/seeds, marmalade, crunchy peanut butter, sweets or chocolate with dried fruit or nuts, highly spiced foods e.g., chillies, curries, nuts and seeds, popcorn, cakes and biscuits made with wholemeal flour e.g., digestive biscuits, cakes and biscuits made with dried fruit e.g., fruit cake.

Sample meals for low residue diet

Breakfast:

- Corn Flakes with milk (and sugar)
- Scrambled eggs
- French toast, pancakes, waffles
- White bread toasted with margarine and seed free jam/marmalade/honey
- Poached egg
- Yogurt with fruit (from the allowed list).

Lunch:

- Baked potato with tuna and mayonnaise or cheese
- Creamy pasta with lean cooked chicken or Quorn
- Pasta with smooth tomato sauce
- Macaroni cheese
- Salmon, avocado and boiled skinless potatoes.

- Ham (lean) and/or cheese toasty
- Turkey, chicken, or egg sandwich (white bread) with mayonnaise
- Fish with white rice and cooked vegetables (from the allowed list).

Snacks/deserts:

- Slices of cheese on white crackers
- Plain sponge and custard
- Mousse
- Jelly and ice cream
- Milk pudding.

On the day of your test

At the time you start to fast or stop eating solid food, you may drink clear fluids only; this includes tea and coffee without milk, soft drinks such as squash (but do not drink red or purple), ice lollies or flavoured jelly, chewing gum or boiled sweets.

Two hours before the time of your admission to the department you need to stop drinking all fluids. You can begin again when told to.

After your test

When you are given the instruction to, you can eat and drink whatever you feel like, some people have a light meal such as a sandwich or soup but some like a hearty meal such as a carvery. You may want to introduce fibre back into your diet straight away or keep to the low residue diet and introduce fibre slowly. Everyone is individual and this is your preference. You may also be pleased to hear that you can have milk back in tea and coffee.

Hopefully the information and advice provided here helps with your diet but if you have any questions please contact the Endoscopy department at King's Mill Hospital or Newark Hospital for further advice:

- Kings' Mill Hospital - 01623 622515
- Newark Hospital - 01636 681681

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202405-01-LRD
Created: May 2024 / Review Date: May 2026