

## **Dietary Regimen for Bowel Preparation (Colonoscopy)**

A low residue diet, together with a high clear fluid intake is recommended. These dietary guidelines should be followed in addition to the laxatives, taken as directed by the doctor.

### **Two days prior to the colonoscopy you may eat/drink:**

Water, squash, lemonade, coke, Lucozade, fruit juice.

Milk, tea or coffee with milk / sugar

Cornflakes, Frosties, Rice Krispies, Special K, Coco Pops with milk/sugar.

White bread/toast with a small amount of butter/margarine

Jelly jam (no pips /seeds/ peel) honey, golden syrup, marmite

Plain biscuits e.g. rich tea, Marie

Tinned / packet soup - oxtail, tomato, chicken, consommé, Bovril,

Vegetable soups - sieved / strained.

Plain lean meats and gravy e.g. turkey, chicken (no skin) Beef, lamb, pork, ham and bacon

Low fat cheese e.g. cottage cheese, low fat cheddar

Grilled / poached / baked fish, grilled fish fingers

Tinned fish (drained oil) e.g. tuna, sardines, pilchards

Boiled / mashed potato, boiled white rice, boiled white pasta, tinned spaghetti (not beans)

Natural / fruit yoghurt / fromage frais - smooth, no fruit bits

Milk pudding e.g. custard, rice, semolina, mousse, instant whips, jellies

Ice cream, ice lollies

Boiled sweets, jelly babies, fruit gums, pastilles and mints.

**AVOID:** all fruit, vegetables (other than boiled/mashed potato) wholemeal bread, whole grain cereals/rice/pasta, whole-wheat biscuits. Fried and fatty foods e.g. cream, cheese, eggs, pastry, pies, chocolate, crisps and nuts

### **Day prior to the colonoscopy:**

**Only the following foods / drinks may be taken:**

Plenty of fluids especially water and squash

Lemonade, coke Lucozade, fruit juice

Tea or coffee with small amount of milk / sugar

Consommé (clear soup), Bovril, marmite

Jelly, ice lollies (no ice cream)

Boiled sweets, jelly babies, fruit gums, pastilles, mints.

### **No food allowed from midnight**

On the day of the colonoscopy clean your teeth and rinse your mouth with a small amount of water. You can drink water until 1 hour before your procedure, this time will be given to you during your pre-assessment appointment.

Please contact the paediatric team if you have any queries regarding this diet.

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