







Bowel Preparation - Low Fibre Diet 4 days before endoscopy procedure

Day 1			Day 4 Day before procedure
Day 2			
Day 3			
Days 1 to 3			Menu – NO Solid food ONLY clear fluids 
Food Type	✓ Low Fibre	✗ High Fibre	
Bread, cereal and nuts	<ul style="list-style-type: none">• White bread, white pitta bread,• plain naan bread/ white flour chapatti,• White rice• White pasta• Mashed potatoes	<ul style="list-style-type: none">• Whole meal bread, high fibre cereal eg Weetabix/Bran flakes, high fibre crackers eg Ryvita• Brown rice/Noodles• Porridge• No nuts and seeds	
Fruits	<ul style="list-style-type: none">• Tinned or cooked fruit• Ripe banana• Fruit juices without bits	<ul style="list-style-type: none">• All fruit skins, stalks, seeds and stones• All raw and dried fruit• Prunes• Smoothies	
Vegetables	<ul style="list-style-type: none">• Sieved tomato sauces, including passata• Strained vegetable juices	<ul style="list-style-type: none">• All vegetable stalks, skins, seeds and peel• Raw vegetables & salads• Pulses and lentils• e.g. baked beans, kidney beans, chickpeas	

Day 1			Day 4 Day before procedure
Day 2			
Day 3			
Days 1 to 3			
Food Type	✓ Low Fibre	✗ High Fibre	Menu – NO Solid food ONLY clear fluids
Milk and milk Products	<ul style="list-style-type: none">• Milk (all types),• cream,fromage frais,• plain yoghurt• cheese (any)	<ul style="list-style-type: none">• Any milk products containing fruits, nuts, seeds or cereals	<ul style="list-style-type: none">• Water, diluted cordial (not blackcurrant),• Herbal tea, black tea or coffee without milk• Clear Soup• Clear Juice, no bits <div></div> <div></div>
Meat and Alternatives	<ul style="list-style-type: none">• Well-cooked or tender meat• fish and eggs• Tofu	<ul style="list-style-type: none">• Gristly and fatty meat, tough• skin, fish skin and bones	
Drinks	<ul style="list-style-type: none">• Fruit juices without pulp• milk,• water,• soft drinks,• tea and coffee,• herbal tea	<ul style="list-style-type: none">• Fruit and vegetable juices with pulp, prune juice	

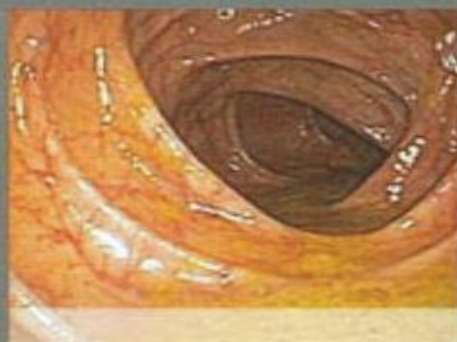
Sample Menu Planner – Low Fibre Diet

	3 days before procedure			1 day before procedure
	Menu 1	Menu 2	Menu 3	
Breakfast	Refined cereal e.g. Rice Krispies, Special K, Plain Cornflakes with milk	Plain English muffins with eggs	White toast with smooth peanut butter or seedless jam	NO Solid food ONLY clear fluids Water, diluted cordial (not blackcurrant), Herbal tea, black tea coffee without milk Clear Soup Clear Juice, no bits
Lunch	Smooth tomato soup or clear soup with white (no seeds) bread & butter	Plain white (no seeds) Pitta with cream cheese	White Bagel (no seeds) with cheese or skinless chicken	
Dinner	Pasta (white) with sieved tomato sauce & cheese	Skinless & boneless chicken with mashed potatoes & gravy	White rice or white flour chapatti with poached coconut fish curry (no vegetables)	
Dessert	Clear Jelly	Plain ice cream	Custard	
Drinks	Water diluted cordial (not blackcurrant) Herbal tea, black tea or coffee (with milk)	Water diluted cordial (not blackcurrant) Herbal tea, black tea or coffee (with milk)	Water diluted cordial (not blackcurrant) Herbal tea, black tea or coffee (with milk)	

Excellent prep



Good prep



Fair prep



Poor prep



- Follow your doctor's directions to ensure your colon is as clean as possible

- A fair or poor prep can leave the colon dirty—making it difficult for your doctor to spot abnormal growths^{4,5}



Flat lesion



Depressed lesion



Polyp



Elevated lesion