




Bowel Preparation - Low Fibre Diet

3 days before the procedure			1 day before procedure
Food Type	✓	✗	Menu – NO Solid food ONLY clear fluids
Bread, cereal and nuts	White bread, white pitta bread, plain naan bread/ white flour chapatti, White rice White pasta Mashed potatoes	Whole meal bread, cereal, noodles and crackers Brown rice Porridge No nuts and seeds	<p>Water, diluted cordial (not blackcurrant), Herbal tea, black tea or coffee without milk Clear Soup Clear Juice, no bits</p> 
Fruits	Tinned or cooked fruit Ripe banana Fruit juices without bits	All fruit skins, stalks, seeds and stones All raw and dried fruit Prunes Smoothies	
Vegetables	Sieved tomato sauces, including passata Strained vegetable juices	All vegetable stalks, skins, seeds and peel Raw vegetables & salads Pulses & lentils e.g. baked beans, kidney beans, chickpeas	

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Food Type	✓	✗	Menu – NO Solid food ONLY clear fluids
Milk and milk Products	Milk (all types), cream,fromage frais, plain yoghurt cheese (any)	Any milk products containing fruits, nuts, seeds or cereals	
Meat and Alternatives	Well-cooked or tender meat fish and eggs Tofu	Gristly and fatty meat, tough skin, fish skin and bones	
Drinks	Fruit juices without pulp milk, water, soft drinks, tea and coffee, herbal tea	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	<p style="text-align: center;">NO Solid food ONLY clear fluids</p> <p style="text-align: center;">Water, diluted cordial (not blackcurrant),</p> <p style="text-align: center;">Herbal tea, black tea</p> <p style="text-align: center;">coffee without milk</p> <p style="text-align: center;">Clear Soup</p> <p style="text-align: center;">Clear Juice, no bits</p>
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	
Lunch	Smooth tomato soup or clear soup with white (no seeds) bread & butter	Plain white (no seeds) crackers 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)	