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THREE DAY DIET INSTRUCTIONS

APPOINTMENT DATE:

TIME:

PLEASE ARRIVE AT:

FOR ALL BOOKINGS PHONE: 07 3820 4555

AFTER HOURS DOCTOR ON CALL: 07 3820 4555

IF YOU HAVE ANY CONCERNS REGARDING THE PREPARATION, PLEASE CONTACT THE UNIT AT THE LOCATION YOU ARE ATTENDING:

Eastern Endoscopy Centre,
120 Birkdale Road, BIRKDALE QLD 4159
Ph 07 3820 4555

Sunnybank Private Hospital, Day Surgery Unit
245 McCullough Street, SUNNYBANK QLD 4109
Ph 07 3344 9247

Mater Private Hospital Endoscopy Unit,
Vulture Street, SOUTH BRISBANE QLD 4101
Ph 07 3163 1044

THREE (3) DAYS PRIOR TO PROCEDURE: LOW FIBRE DIET AND PREPARATION INSTRUCTIONS

For a successful colonoscopy it is important that the bowels are thoroughly cleansed so that the lining is clearly seen. Poor preparation may result in the doctor being unable to examine the bowel properly and a repeat procedure may well be required.

This diet reduces the amount of fibre in your colon to assist in achieving a thoroughly clean bowel. Please eat only what is listed in the diet below. If you find that you do become constipated with the low fibre diet then take half a teaspoon of Epsom Salts in warm water, Coloxyl, Agarol or Movicol (these laxatives do not contain fibre). **Avoid all fibre supplements e.g. Metamucil, Benefiber, Psyllium, Normafibe etc.**

THREE (3) DAYS PRIOR TO A COLONOSCOPY PLEASE COMMENCE LOW FIBRE DIET. **ANY FOODS NOT LISTED ARE NOT PERMITTED**

Bread and cereal:

Choose white bread, refined breakfast cereals (Cornflakes, Plain Special K, Rice Bubbles), cakes/biscuits made with white flour, rice cakes, white pasta or white rice.

Avoid wholemeal, brown, rye bread and bread with seeds, wholegrain cereals, cakes and biscuits containing nuts, dried fruits, wholemeal flour and oatmeal, wholemeal pasta and rice.

Fruit and Vegetables:

Choose only boiled or mashed potatoes, avocado, pumpkin, carrot, marrow, squash, asparagus tips, ripe bananas, stewed apples, stewed pears and pawpaw. Skins and seeds of these fruits and vegetables should not be eaten.

Avoid all other fruit and vegetables including salad vegetables.

Meat, Dairy and Alternatives Group:

Choose lean tender beef, veal, lamb, pork, poultry, fish, tofu and eggs.

Choose small amounts of butter/margarine/cheese/plant-based cheese are allowed.

Avoid fatty and fried meats, highly seasoned meats and seitan.

Beverages:

Choose tea, coffee, water, plain milk drinks, plant-based milk, soft drinks, clear apple juice and clear soup. Alcohol is allowed if desired.

Avoid unstrained fruit juices and flavoured milk shakes, red coloured drinks.

Sweets/Desserts:

Choose jellies, sugar, golden syrup, honey, custard, yoghurt, plant-based custards and yoghurts.

Avoid pies, quiches, pastry foods, jams, marmalade, peanut paste, dried fruit and nuts.

START LOW FIBRE DIET:

..... /..... **ALL DAY**

..... /..... **ALL DAY**

THE DAY BEFORE YOUR TEST:

..... /..... **UNTIL LUNCHTIME**

THE DAY PRIOR TO PROCEDURE

THE LAST MEAL BEFORE YOUR TEST IS LUNCH NO LATER THAN 12 NOON

You can select foods from the following list only:

- **Clear soup** e.g., beef, bonox, chicken broth, vegemite in water, chicken noodle (strained); AND/OR
- **Two Sao biscuits** with butter, vegemite or honey; AND/OR
- **Two slices of white bread OR TOAST** with butter, vegemite or honey; AND/OR
- **Jelly (AVOID RED JELLY).**
- **Water, clear apple juice, black tea/coffee, or soft drinks**
- **AVOID any red coloured beverages.**

YOU ARE NOT TO HAVE ANY MILK OR SOLID FOOD AFTER THIS MEAL.

THERE IS NO DINNER THE EVENING PRIOR TO YOUR PROCEDURE.

After LUNCH, **DRINK CLEAR FLUIDS ONLY UNTIL THREE (3) HOURS BEFORE YOUR TEST:**

A prepared electrolyte solution should be the main fluid during this period:
HYDRALYTE, GATORADE, POWERADE OR HOME PREPARATION of one litre of water mixed with 6 level teaspoons of sugar and half a level teaspoon of salt.

Other fluids that can be consumed include:

- water, black tea (including green and herbal tea), black coffee, **clear** apple juice, soft drink, cordial, avoiding red coloured drinks
- clear soup
- jelly (avoid RED coloured jelly)