

## PREPARING FOR YOUR COLONOSCOPY

Below is information on your low fibre diet that you will commence prior to your procedure. This may accompany further instructions given to you by your doctor.

<b>Patient:</b>	<b>Doctor:</b>
<b>DOB:</b>	<b>Date of procedure:</b>
<b>Commence low fibre diet on:</b>	

## LOW FIBRE DIET INSTRUCTIONS

### 2 DAYS PRIOR TO PROCEDURE

Today you will start your low fibre diet. Keeping strictly to this diet and having NO skins, seeds and pips will increase the effectiveness of the bowel preparation. Today, any solid food you eat **MUST** come from the following low fibre list and all fluids you drink **MUST** be clear fluids. Clear fluids are fluids you can see through and permitted clear fluids are listed below. **Do not eat any other solid food that is not on the low fibre list.**

#### LOW FIBRE LIST

Plain White Rice noodles	White Rice	White Pasta	Eggs
Butter	Margarine	Plain SAO Crackers	White Bread
Plain Cheese (Cheddar, cream, cottage)	Plain or vanilla yoghurt (with NO seeds, berries, nuts or inulin)	Boiled or Steamed Chicken (no skin)	Boiled or steamed white fish (no skin)

### THE DAY BEFORE YOUR PROCEDURE

Have breakfast and lunch **completed before 12pm** from the low fibre diet and clear fluids you have been following yesterday. **After 12pm** the only oral intake (other than the colonoscopy preparation and your medication) you can have are the **CLEAR FLUIDS** from the list below. Clear fluids can be taken until you start fasting for your procedure. No alcoholic beverages can be consumed. It is important that you continue to drink enough clear fluids during the day to avoid dehydration.

#### CLEAR FLUID LIST

Clear Apple Juice	Water	Clear Soups and Broths (no solid material)	Bonox
Black Tea	Coffee (minimal amounts of sugar)	Carbonated soft drinks*	Non-Carbonated soft drinks*
Jelly*	Popsicles*	Cordial or Sports drinks*	Barley Sugar Lollies

*\*None of these can be red, purple or blue in colour.*