



Low Fibre Diet & Clear Fluid Sheet

| FOOD GROUP | INCLUDE: | AVOID: |
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| Breads, Cereals, Rice, Pasta, Noodles | <ul style="list-style-type: none"> White bread, crumpets, scones, English muffins Refined breakfast cereals eg. Rice Bubbles™, Cornflakes™, Special K™ White rice, pasta, sago, tapioca, semolina White flour, cornflour Plain sweet and savoury biscuits or cakes | <ul style="list-style-type: none"> Wholemeal, wholegrain, fruit and rye breads Wholegrain breakfast cereals or any with dried fruit, nuts or coconut Rolled oats, raw oats, oat bran or muesli bars Brown rice, brown pasta or corn Wholemeal flour or wheat-germ Wholemeal biscuits or cakes with nuts or dried fruits |
| Vegetables | <p>Ensure vegetables are peeled and well-cooked:</p> <ul style="list-style-type: none"> Potato, sweet potato, pumpkin, carrots and zucchini Cauliflower and broccoli tips Asparagus tips and mushrooms | <ul style="list-style-type: none"> All raw vegetables Avoid all other vegetables not listed in foods to include |
| Fruit | <ul style="list-style-type: none"> Banana Well-cooked fruit no skins/pips Canned fruit except pineapple Fruit juice – no pulp | <ul style="list-style-type: none"> Fruit with skin, pips or of a very 'fibrous' texture (eg. Apples, pears, pineapple) Canned pineapple Dried Fruit All other fruit not listed in foods to include. |
| Dairy Foods | <ul style="list-style-type: none"> All varieties of milk Plain yoghurt, custard, vanilla, Fruche™, plain cheese, plain or flavoured ice-cream. | <ul style="list-style-type: none"> Ice-cream or gelati containing dried fruit, nuts or coconut Products containing 'chunky fruit' pieces |
| Meat, Fish, Poultry, Eggs, Nuts, Legumes | <ul style="list-style-type: none"> Any tender, soft meat, chicken (no skin) and fish Tofu Eggs | <ul style="list-style-type: none"> Legumes (eg. Baked beans, lentils, soy beans, kidney beans) Nuts & seeds |
| Miscellaneous | <ul style="list-style-type: none"> Butter, margarine, mayonnaise, oils Sugar, honey, syrups, jam, jelly Lollies & plain chocolate Plain soup (no vegetables) | <ul style="list-style-type: none"> Popcorn Crunchy peanut butter Coconut Chocolate with nuts and fruit Chutney & pickles |

Clear Fluids

You may drink as much clear fluids as you like throughout the day up to 4 hours prior to your colonoscopy.

Clear fluids include water, apple juice, strained soup, clear broth, black tea/black coffee (you can have sugar and honey), electrolyte replacement drinks, soft drinks, ice blocks and plain jelly (no fruit pieces).

No dark coloured drinks like red or purple colouring.

Suggested Meal Plan



BREAKFAST

- 1 Glass strained fruit juice
- Rice bubbles with milk/sugar
- White toast/bread/crumpets with margarine/butter/honey/jam/vegemite
- Egg/cheese if desired

LUNCH

- Tender meat/chicken/fish/egg/cheese
- White bread and margarine/butter
- Tinned fruit with custard or yoghurt
- Cup of tea/coffee

DINNER

- Blended soup
- Tender meat/chicken/fish/egg/cheese
- Potato/white rice/pasta
- Allowed vegetables – well cooked
- Bowl of plain ice-cream
- Cup of tea/coffee

SNACKS

- Melons
- Tinned fruit
- Yoghurt
- Milk
- Cheese and crackers