

# Colonoscopy bowel preparation diet sheet

FOOD ALLOWED	FOOD TO AVOID
<b>FRUIT / VEGETABLE/ NUTS</b> Fruit juice (strained no bits) a glass a day if possible. Potatoes (without skins)	<b>FRUIT/ VEGETABLES/ NUTS</b> All fruit and vegetables. Potato skins, potatoes cooked in fat Crisps, nuts, Chutneys and pickles.
<b>BREAD AND CEREALS</b> White bread and bread products Cereals e.g. Rice crispies, cornflakes. White rice, ground rice, semolina, tapioca White pasta and flour, corn flour	<b>BREAD AND CEREALS</b> Brown, wholemeal, granary breads. High fibre cereals, branflakes, weetabix, porridge oats, muesli, fruit and fibre. Brown rice/pasta/flour, pastries
<b>CAKES AND BISCUITS</b> Plain fat free cakes, scones, buns White flour crisp breads, meringue Plain biscuits, rich tea.	<b>CAKES AND BISCUITS</b> Cakes with cream, fat, jam with seeds, fruit or nuts. Ryvita, shortbread. Biscuits containing high fibre/fruit/nuts.
<b>MEATS AND ALTERNATIVES</b> Lean meats, poultry , liver, kidney Quorn, tofu	<b>MEATS AND ALTERNATIVES</b> Fatty meats, poultry skin, duck, goose Processed meat, luncheon meat, corned beef, black pudding, salami, sausages, and beef burgers. Pate, meat pies. Peas, beans, lentils.
<b>FISH</b> White fish, smoked haddock, trout, salmon, tuna in brine, shell fish, prawns	<b>FISH</b> Fried or oily tinned fish, herring, kippers, mackerel, sardines, pilchards, anchovies
<b>EGGS</b> Boiled, poached or scrambled.	<b>EGGS</b> Fried eggs, omelettes, or scotch eggs
<b>DAIRY PRODUCTS</b> Skimmed or semi skimmed milk Low fat, flavoured yoghurt, fromage frais Low fat cheese, shape, edam, brie, gouda camembert, cottage cheese	<b>DAIRY PRODUCTS</b> Full fat milk yoghurt or cheese, cream cheese or yoghurts containing fruit/nuts. Blue cheese, condensed/evaporated milk full fat ice cream
<b>FATS</b> Low fat spreads, outline St. Ivel gold etc. Use sparingly	<b>FATS</b> Butter, margarine, lard, dripping, suet, vegetable oils.
<b>CONFECTIONERY</b> Boiled sweets, fruit gums, pastilles, mints, jams without skins or pips, honey, sugar, treacle, syrup. jelly	<b>CONFECTIONERY</b> Chocolate, toffee, fudge, sweets containing fruit/nuts. Lemon curd, jams with pips or peel, mincemeat, marzipan
<b>DRINKS</b> Tea, coffee, fruit squash, fizzy drinks, oxo, Bovril, low fat hot chocolate and malted drinks, some alcohol	<b>DRINKS</b> Full fat chocolate drinks, cocoa, cream-based liqueurs, e.g. Baileys,
<b>MISCELLANEOUS</b> Salt, pepper, herbs, spices, vinegar, ketchup. Stock cubes.	<b>MISCELLANEOUS</b> Soups, peanut butter, cream or oil based salad dressings

**\*Please follow the low residue diet above for three to four days, instead of just the day before which is stated in the moviprep leaflet.**

