

## **Low Residue Diet**

### **Three days before procedure**

| Food allowed                                                                                               | Foods not allowed                                                           |
|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| Lean Meat, Fish, Eggs                                                                                      | High fibre cereals eg All Bran<br>Bran Flakes, Shredded Wheat               |
| Cornflakes, Rice Krispies, Special K                                                                       | Wholemeal Bread, Wholemeal Pasta,<br>Brown Rice, Potatoes                   |
| Sugar, Honey, Syrup, Boiled Sweets<br>Plain biscuits eg cream cracker, Rich Tea                            | Biscuits made from Whole Grain eg Rivita,<br>Digestives                     |
| Butter, Margarine                                                                                          |                                                                             |
| Clear Fluids, eg Fruit Squash,<br>Clear Fizzy Drinks eg orangeade, lemonade<br>Clear soups, strained soups | Fruit and vegetables<br>Reducing Pulses<br>Nuts, Dried fruit eg raisins etc |
| Oxo, Bovril, Marmite                                                                                       | Jams and Marmalade                                                          |

### **SUGGESTED EATING PLAN**

DO NOT HAVE MORE THAN ½ PINT OF MILK PER DAY AND ONLY TAKE SMALL  
QUANTITIES OF CHEESE

|              |                                                                                                                                 |
|--------------|---------------------------------------------------------------------------------------------------------------------------------|
| BREAKFAST:   | White bread or toast with margarine/butter<br>Marmite or honey<br>Cereal (as above)<br>Tea or coffee                            |
| SNACK TIMES: | Tea or coffee<br>Plain biscuits                                                                                                 |
| MAIN MEALS:  | Clear soup<br>Meat, fish or eggs (plainly cooked)<br>White bread, white rice or white pasta<br>Jelly, ice cream or milk pudding |

