



Dietary changes pre colonoscopy and suggested meals

The instructions issued by your consultant should be followed to ensure that the bowel is clear for your colonoscopy.

What can I eat?

Tender lean meat, poultry, ham, liver, kidney, fish.
Fruit flavoured or set yoghurt
Potatoes – boiled, mashed, roast or chips (no skins)
Well cooked cauliflower florets (no stalks), carrots, turnip or swede
Consommé or strained soup
Soft tinned fruit in natural juice, except those with pips
White bread, white flour, white rice and pasta
Water biscuits, cream crackers, Rich Tea, plain sponge cake
Plain scone (no fruit)
Jam, marmalade, honey, syrup

What can I drink?

Apple or white grape juice (no orange juice)
Clear soup broth
Coffee
Ginger ale
Lemon-lime soda (&-up, sprite)
Sports drinks (Lucozade)
Squash and fizzy drinks
Tea and Coffee (sugar allowed) but no milk
Water

What should I avoid?

Tough, fibrous meat, hamburgers, beef burgers, sausages, faggots
Sausage rolls, pasties. Pies and pastries
Whole fruit yoghurts, Muesli yoghurt
Jacket potatoes, where skins are eaten
All vegetables not listed above
Baked beans
Thick vegetable soup
All fruit not listed above
Whole meal and granary bread
Wholemeal flour
Brown rice and whole wheat pasta
High fibre crisp breads, digestives, hob-nobs
Cakes containing dried fruit, nuts or coconut
All nuts and dried fruit
Jam or marmalade with skin or pips
Peanut butter

All high fibre breakfast cereals, porridge, bran
Cheese, cottage cheese or cheese sauce
Butter, margarine and fats and oils

Below are some examples of suggested meals

Two days before the colonoscopy take a low residue diet. Examples of these are:

Breakfast:

Cereal e.g. Rice Crispies, puffed wheat, cornflakes
1 egg, but not fried
White bread, butter or margarine jam or jelly
Tea, coffee, with milk and sugar if wanted
Fruit Juice

Morning tea:

Tea, coffee with milk and sugar if wanted, clear fruit juice, squash or cordial
Plain biscuits
Sponge cake (no dried fruit, cream, nuts or chocolate)

Lunch:

White bread sandwich with a scrape of butter, ham, lean meat, chicken or tuna as filling
Natural Yoghurt

Dinner:

Clear or sieved soup
Very Lean meat, fish or chicken (not fried or cooked with addition of fat)
White rice or pasta or plain boiled or mashed potatoes with no fat
Florets of cauliflower or broccoli or sieved cooked
Vegetables
Plain ice cream or sorbet, jelly (avoid red jelly) or natural yoghurt

One day before the colonoscopy:

Breakfast:

1 egg, boiled or poached
1 slice white bread with scraping of butter or margarine
Tea, coffee with no milk (sugar if desired)

Morning tea:

Tea, coffee without milk but sugar if desired

The day of the colonoscopy:

Clear fluids from the list above. If you are having a colonoscopy only you can drink clear fluids up until 2 hours before your appointment time. If you are having a gastroscopy prior to the colonoscopy then nothing to drink for 6 hours prior to the appointment time.