

## The Endoscopy Department – Patient Information

## Food choices for Colonoscopy procedures

Which foods can I eat? (Low Residue Foods)	Which foods should I avoid?
White meat, skinless chicken, skinless turkey, grilled/boiled/poached or steamed white fish such as pollack, cod, basa without bones.	Nuts including coconut and seeds Nut Roasts
Potato either boiled or mashed without skin	Jacket Potato skin
Eggs, cheese, milk or plant-based alternatives, cream, tofu, ice cream, smooth yoghurts	Oatmeal, Oat bran, and oat germ Bran or Rye flour
White – bread, pasta or rice. Plain cous cous.	Beans, peas, pulses such as lentils and chickpeas
White flour pastry, croissants, plain biscuits, cream crackers, Yorkshire pudding, plain madeira cake, ice lollies, clear pureed soups.	All whole grain and seeded bread Digestive biscuits or biscuits containing bran
Rice Krispies, cornflakes, Coco Pops, Frosties	All breakfast cereals except those mentioned in the "foods I can eat list"
Crisps	Oatcakes, Ryvita and all crispbreads
Butter, margarine, Ghee	
Seedless or shred less marmalade or jam, honey, marmite.	Jam with seeds, pickles, chutney
Cauliflower florets, radish, marrow flesh, peeled parsnips, peeled courgettes or peeled cucumber.	All fruit and veg not mentioned on the "foods I can eat list"
Limit fruit to 1 to 2 portions daily which must be peeled. Grapefruit without pith, lychees, pears, apples, bananas and tinned fruit.	Grapes, blueberries and other fruit you can't peel
Smooth fruit juice limited to 1 x 150ml glass each day.	Fruit Juice with "bits", fruit smoothies
Plain chocolate	Dried fruit
A small amount of alcohol such as a small glass of wine or half a lager	

### Clear Fluids

**Remember:** You can keep drinking up to 2 hours before your Colonoscopy.

You can drink up to 4 hours before if you are having both a Gastroscopy and Colonoscopy (double procedure).



Water


 Diluted Cordial  
(NOT blackcurrent)


Herbal Tea



Tea / Coffee NO milk



Clear soup / broth

## Menu Ideas

	Day 1:	Day 2	Day 3
<b>Breakfast</b>	Boiled or poached eggs. One or two slices of white bread with butter or margarine or honey.	Rice Krispies with milk Smooth fruit juice (no bits)	Croissant with Seedless jam or shredless marmalade, honey or marmite
<b>Lunch</b>	White bread cheese sandwich with crisps. Plain or milk chocolate (without fruit or nuts)	Clear pureed soup One or two slices of white bread with butter or margarine Smooth Yoghurt	White bread grilled chicken with cheese Ice Lollies
<b>Evening Meal</b>	Grilled chicken/tofu, mashed potato with well cooked cauliflower florets, marrow flesh, (parsnips, courgettes, cucumber all peeled)	Steamed fish with cous-cous or white rice Grapefruit without the pith, lychees, pears, apples and bananas. All fruit must be peeled or tinned fruit with cream or smooth jelly <i>(not advised on day 3)</i>	Grilled turkey with boiled potatoes and Yorkshire puddings Ice Cream

## Useful telephone numbers

The endoscopy department (MON to FRI 8:00 am to 5:30 pm) [01274 366393](tel:01274366393) / [01274 364202](tel:01274364202)

### People with hearing and speech difficulties

You can contact us using the Relay UK app. Textphone users will need to dial 18001 before the number to be contacted.