

Endoscopy - Diet Sheet

A clean and totally empty bowel is essential for your test, so that we can clearly see your bowel. Any food residue in your bowel will increase the risk of us missing something.

As such, you must eat a low fibre diet. You can eat at your normal mealtimes, but only eat items from the list on the left.

YES

Breakfast:

- ✓ White bread/ toast / Croissant
- ✓ Butter, margarine
- ✓ Clear jam/ shredless marmalade
- ✓ Eggs
- ✓ White crackers, Rice Krispies, Corn Flakes
- ✓ Tea/ coffee, clear fruit juice (not red juices)
- ✓ Milk and dairy (e.g. cheese & plain yoghurt)

Lunch/Dinner:

- ✓ White bread
- ✓ Clear soup (consommé) or thin milk or cream-based soup
- White bread, white muffins
- ✓ Potatoes without skins
- ✓ White rice
- ✓ White pasta
- ✓ Chicken without skin
- ✓ White fish
- ✓ Ice cream/ sorbet
- ✓ Jelly (yellow or green)
- ✓ Plain sponge, custard

Other:

- ✓ Honey, sugar, salt
- ✓ Fats and oils (e.g. butter, margarine, oil)
- ✓ Rich tea biscuits
- ✓ Tea, coffee, soft drinks, clear fruit juice
- ✓ Boiled sweets

NO

Breakfast:

- ✗ Brown or wholemeal bread
- ✗ Fruit, seeds, nuts
- ✗ Bacon, sausages, black/ white pudding, baked beans
- ✗ Cereals with fibre e.g. Fruit and Nut
- ✗ Fruit juices with bits/ smoothies
- ✗ Fruits, vegetables, nuts, seeds, or grains
- ✗ Red jam, such as strawberry, blueberry etc.)

Lunch/Dinner:

- ✗ Brown or wholemeal bread
- ✗ Soup with bits in, pea soup, bean soup, lentil soup, corn soup
- ✗ Brown bread/ wholemeal bread
- ✗ Potatoes with skins
- ✗ Brown rice
- ✗ Brown pasta
- ✗ Red meat
- ✗ Pink fish
- ✗ Salad or veg

Other:

- ✗ Red or purple-coloured foods or drinks (e.g. jelly, Ribena)
- ✗ Fruit juice with bits or smoothies

➤ You can brush your teeth as usual

➤ You can take your medications as usual

