



Healthier
Pennine Lancashire



East Lancashire Hospitals

NHS Trust

A University Teaching Trust

Low Fibre Diet for patients who are to undergo or have had a failed lower GI investigation prior to bowel clearance

An Information Guide

Safe | Personal | Effective

One week before your procedure you should follow a low fibre diet. The aim of this diet is to reduce the amount of food that passes into the large bowel, therefore allowing the bowel to be cleared of undigested foods.

Once you have had your procedure please return to a normal diet unless advised not to.

Foods allowed	Foods to avoid
<p>Breads and Cereals</p> <ul style="list-style-type: none"> ✓ Breakfast cereals made from rice or corn e.g., Cornflakes, Rice Krispies, Frosties ✓ Rich Tea biscuits, shortcake, custard creams, wafers, cream crackers, water biscuits ✓ White bread ✓ White rice, pasta, macaroni, noodles 	<p>Breads and Cereals</p> <ul style="list-style-type: none"> ✗ Avoid wholemeal and seeded bread ✗ Whole-wheat/oat-based cereals e.g. All Bran, Weetabix, muesli, porridge ✗ Breakfast cereals containing fruit or nuts ✗ Digestive/ oatcake, biscuits containing oats, flap jacks, wholemeal/ wholegrain crackers, crackers with seeds, Ryvita ✗ Brown rice, brown pasta, macaroni, noodles
<p>Vegetables and Fruit</p> <ul style="list-style-type: none"> ✓ Sieved tomato sauces (no skin or seeds), tomato puree ✓ Potatoes without skins, instant mash, potato waffles, chips ✓ Well cooked, low fibre vegetables with no skin, seeds, stalks, e.g., Swede/ turnip/ carrot (boiled), mash or creamed potatoes (no skin), softly cooked cauliflower or broccoli (florete only) ✓ Melon (no seeds/skin), stewed apple, plums, tinned pears/peaches, ripe banana ✓ Smooth fruit juices (with no bits) 	<p>Vegetables and Fruit</p> <ul style="list-style-type: none"> ✗ Raw vegetables, salad ✗ Beans, lentils, peas, corn, celery ✗ Beetroot ✗ Potato skins ✗ Dried fruit ✗ Citrus fruit and berries ✗ Fruit juice, smoothies with pith/bits ✗ Fruit/nut scones, fruit cakes, coconut cake, carrot cake, other cakes containing fruit or nuts
<p>Meat, Fish and Alternatives</p> <ul style="list-style-type: none"> ✓ All white meats e.g. poultry ✓ All fresh, tinned, smoked fish ✓ Fish or chicken in white breadcrumbs/batter ✓ Eggs, soya, Quorn 	<p>Meat, Fish and Alternatives</p> <ul style="list-style-type: none"> ✗ Red meat ✗ Meat casseroles, pies or pasties containing vegetables ✗ Fish/chicken in wholemeal breadcrumbs ✗ Fish with bones/edible bones e.g. sardines or whitebait. ✗ All varieties of nuts ✗ All peas, beans, pulses e.g., kidney, baked ✗ Hummus

<p>Fats and Sugary Foods</p> <ul style="list-style-type: none"> ✓ All fats are ok in moderation ✓ Ice-cream, clear fruit jelly (not red) ✓ Custard, plain biscuits ✓ Boiled sweets ✓ Jelly type jams, marmalade (no peel), lemon curd ✓ Chocolate (if doesn't contain nuts) 	<p>Fats and Sugary Foods</p> <ul style="list-style-type: none"> ✗ Jam and marmalade containing fruit, seeds or peel ✗ Peanut butter ✗ Cake, scones, chocolate or ice-cream containing dried fruit or nuts
<p>Miscellaneous</p> <ul style="list-style-type: none"> ✓ Tomato sauce, brown sauce, Worcester sauce, smooth mustard, salt, pepper, vinegar, salad cream, mayonnaise ✓ Marmite, gravy, white sauce, cheese sauce, garlic ✓ Clear soups, creamed, e.g. tomato, chicken ✓ Tea, coffee, squash, milkshakes ✓ Fizzy drinks, energy drinks (not excessive) 	<p>Miscellaneous</p> <ul style="list-style-type: none"> ✗ Pickles, canned sauces containing vegetables/ fruit ✗ Packet soups or tinned soup with vegetables added ✗ Herbs and spices ✗ Milkshake syrups with real fruit and seeds ✗ Please do not add any extra seeds or grains to your food

Sample Menu

Breakfast

- Smooth fruit juice (without bits/pith)
- Corn Flakes/Rice Krispies with milk/sugar
- White bread or toast with butter/seedless jam/no peel marmalade/syrup/honey/marmite
- Eggs
- Tea/coffee/milk

Lunch/Dinner

- Meat (no visible fat/gristle/skin)/fish (no bones) /egg/cheese
- Mashed/boiled/no skin jacket potato or white pasta/rice
- Well cooked vegetables with no stalks, seeds, skin e.g., carrots/swede, broccoli/cauliflower florets
- Plain sponge and custard/milk pudding/mousse/stewed apple and custard/jelly/ice-cream (all with no dried fruit or nuts)

Snacks

- White crackers or jacket potato (no skin) with butter/tuna/mayonnaise/cheese/egg
- Plain scone with butter/seedless jam
- Plain sponge cake
- Crackers and cheese
- Plain yoghurt
- Tinned/stewed fruit without seeds, skin, pith
- Plain biscuit e.g., Rich Tea, Custard cream, Wafer
- Mousse/milk pudding/ice-cream/meringue and cream
- Tea/coffee/hot chocolate/Horlicks/Ovaltine
- **Eat little and often**
- **Choose soft options**
- **Drink plenty of fluids**

Contact numbers

If you have any questions regarding the test, please ring the Endoscopy Unit at the hospital where you are going to have the test.

Burnley General Teaching Hospital - Endoscopy A - 01282 804661 or 805117
Endoscopy B - 01282 805723
Royal Blackburn Teaching Hospital - 01254 733191

English

Our Service

If you have any further questions about your condition, treatment or procedure please telephone:

Emergency Department Telephone:	01254 734023	Royal Blackburn Teaching Hospital
Urgent Care Centre Telephone:	01254 734023	Royal Blackburn Teaching Hospital
Urgent Care Department Telephone:	01282 804050	Burnley General Teaching Hospital
Minor Injuries Unit Telephone:	01254 359036	Accrington Victoria Hospital
Main Hospital Switchboard:	01254 263555	East Lancashire Hospitals NHS Trust

URDU اردو

اگر آپ کے پاس آپ کی حالت، علاج یا طریقہ کار کے بارے میں مزید سوالات ہیں تو ٹیلی فون

ایمرجنسی ڈیپارٹمنٹ ٹیلی فون	01254 734023	رائل بلیک برن ہسپتال
ارجنٹ کیئر سینٹر ٹیلی فون	01254 734023	رائل بلیک برن ہسپتال
ارجنٹ کیئر محکمہ ٹیلی فون	01282 804050	Burnley جنرل ہسپتال
معمولی زخموں کی یونٹ ٹیلی فون	01254 359036	Accrington وکٹوریہ ہسپتال
مرکزی ہسپتال سوئیچ بورڈ	01254 263555	مشرق لنکاشائر ہسپتالوں NHS ٹرسٹ

POLISH

Nasz serwis

Jeśli masz jakieś pytania na temat stanu, leczenie procedury prosimy o kontakt telefoniczny:

Emergency Department telefon	01254 734023	Szpital Królewski Blackburn
Telefon Urgent Care Centre	01254 734023	Szpital Królewski Blackburn
Departament Urgent Care telefon	01282 804050	Burnley General Teaching Hospital
Drobnych urazów telefon	01254 359036	Accrington Victoria Hospital
Główny Szpital Centrala	01254 263555	East Lancashire Hospitals NHS Trust

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www.elht.nhs.uk/services/endoscopy



If you require this [document](#) in an alternative format or language, please contact 01282 803541

Polish

W celu otrzymania tego [dokumentu](#) w innym formacie lub języku, prosimy o kontakt z

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਨੂੰ ਕਿਸੇ ਵਿਕਲਪਿਕ ਫਾਰਮੈਟ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੋੜੀਂਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ

Urdu

اگر آپ کو اس دستاویز کی ایک متبادل شکل (فارمیٹ) یا زبان میں ضرورت ہے تو براہ مہربانی رابطہ کریں

Bengali

আপনি যদি এই [প্রচারপত্রটি](#) অন্য কোন আকারে বা অন্য ভাষায় চান, তাহলে যোগাযোগ করবেন

Romanian

Dacă aveți nevoie de acest document într-un format sau limbă alternativă, vă rugăm să contactați

Lithuanian

Norint gauti šį [dokumentą](#) kitu formatu ar kita kalba, prašome susisiekti su mumis