

LOW FIBRE DIET

(to be followed for 5 days prior to examination)

SUMMARY: A low fibre diet aims to reduce the intake of dietary fibre. Dietary fibre is indigestible carbohydrate found in cereals, fruit, vegetables, dried peas and beans, lentils and nuts. Careful selection of foods can reduce the amounts of dietary fibre entering the large intestine.

NUTRITIONAL ADEQUACY: This diet can be nutritionally adequate when the recommended number of servings from the 'Five Food Groups' is observed.

MEDICATION: You should cease taking Iron tablets, Fish Oil, Ginko, Ginseng, Chamomile, Evening Primrose, Fenugreek, Valerian or fibre supplements (e.g. Metamucil, Normafibre, Psyllium Husks & Normacol) and drugs to stop diarrhoea five days before the procedure.

It is preferable that you do not take NSAIDs (e.g. Voltaren, Nurofen, Mobic) for 7 days prior. ***If you are on these medications, you should discuss the matter with your doctor.***

You should also inform your doctor if you are taking blood thinning tablets (Warfarin, Plavix, Asasantin) or have any heart valve disease or an implanted pacemaker.

Continue taking all other medication unless otherwise instructed by your doctor.

- You are able to take Paracetamol if required
- It is highly recommended that you take laxatives whilst on this diet (eg. Movicol, Coloxyl). See next page.

	FOODS TO CHOOSE	FOODS TO AVOID
BREADS & CEREALS	White bread or toast Rice Bubbles, Cornflakes White flour, rice, pasta Cornflour, custard powder Plain cakes, biscuits and scones (prepared with white flour).	Wholegrain, bran & wheat based cereals, porridge, muesli Wholemeal flour, brown rice, high fibre pasta Cakes, biscuits, scones prepared with wholemeal flour, coconut, dried fruit, nuts or bran Wholemeal, multigrain or rye bread
FRUIT, VEGETABLES & SALADS	Potatoes and pumpkin without skins, cauliflower tips (without stalks) Strained fruit juices + canned fruit juices, bananas	All Fresh & Frozen vegetables (other than those mentioned in 'Foods to Choose') - eg. cabbage, onion, corn, tomato, avocado, etc. All dried and fresh fruits, prunes, dates, etc.
MEAT & MEAT ALTERNATIVES	All lean meat, fish, poultry and eggs	Casseroles or dishes containing vegies (other than Potato and pumpkin) Chinese-style dishes, pizza, pasties Baked beans, lentils, etc.
MILK & MILK PRODUCTS	All milks (including coconut & almond milk), custards, plain yoghurts (i.e. no fruit/nut pieces), cheese, ice-cream	Fruit yoghurt Ice-cream containing fruit or nuts
FATS	Butter/margarine, oil, salad dressing, mayonnaise, plain chocolate (i.e. with no fruit or nuts)	Nuts
SPREADS	Vegemite, honey, <u>clear</u> jelly or jams, lemon butter, cheese spread, fish and meat paste	Jams & marmalade with skin, seeds or peels. Peanut butter
SOUPS	Strained broths Clear soups, beef tea, soup cubes	Unstrained vegetable or barley soups. Pea, minestrone, onion, tomato soup etc.
BEVERAGES	Water, soda water, tea, coffee, soft drinks, cordial, Milo.	Alcohol is allowed while following this diet but in moderation please (no red wine please)