

LOW FIBRE DIET

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

Avoid anything with nuts/seeds and most fruit and vegetables. (see below for further information).

MEDICATION

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

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 or the nurse.*

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

You are able to take Paracetamol if required.

Continue taking all other medication unless otherwise instructed.

- It is highly recommended that you take laxatives (eg. Movicol, Coloxyl) for **5 days prior** to the procedure and particularly whilst on the low fibre diet. See next page.

Low Fibre Diet – commence 3 days prior to procedure

	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) Stir-fry meals, pizza, pasties, etc. 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, mayonnaise, plain chocolate (i.e. with no fruit or nuts)	Nuts
SPREADS	Vegemite, honey, <u>clear</u> jelly or jams, 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. Protein shakes.	Red wine (other alcohol is allowed while following this diet but in moderation please)