

Preparing for an endoscopy procedure involving the bowel with a low residue/ fibre diet

Department of Endoscopy

Information for Patients

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What is a low residue/ fibre diet?

Residue is the part of your food that is not digested or absorbed. It remains in your bowel.

Why do I need to follow this diet before my procedure?

When having a colonoscopy, flexible sigmoidoscopy or a small/ large bowel capsule endoscopy procedure, your bowels need to be completely empty. This gives the clinician a clear view of the lining of your bowel. If your bowel is not clear the procedure may need to be repeated.

To achieve this you will need to make some temporary changes to your diet. We call this a low residue diet. You need to limit the amount of fibre you eat so that very little waste reaches your bowel.

How many days before the procedure do I need to start this diet?

Please start to follow this low residue diet for **3 days** before your procedure if you are having a colonoscopy, flexible sigmoidoscopy or a small/ large bowel capsule endoscopy.

How do I follow a low residue diet?

Food that is high in fibre should be reduced. The information in this leaflet will help you prepare for your procedure with a list of foods to avoid and what can be eaten instead.

Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice

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To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Food group	Foods to eat	Foods to avoid
Starchy foods	<p>White varieties of the following: bread, rolls, toast, pitta bread, crumpets, tortilla wraps</p> <p>Plain naan, chapattis</p> <p>Cream Crackers</p> <p>White boiled rice</p> <p>Dried or fresh white pasta (including gluten free)</p> <p>Dried or fresh white noodles egg or rice</p> <p>Yam</p> <p>Dishes made with cornmeal</p> <p>Cous cous</p> <p>Potatoes without skin</p>	<p>Wholemeal/ brown/ granary/ seeded varieties of the following: bread: rolls, toast, pitta bread, crumpets, tortilla wraps, chapatti, naan</p> <p>Products made from wholemeal, granary or seeded flours</p> <p>Brown rice or pasta</p> <p>Quinoa, bulgar wheat</p> <p>Dishes made with maize or millet</p> <p>Potato, pasta and rice products that have been cooked and are then eaten cold, for example, potato salad, pasta salad, rice salad</p> <p>Potatoes with skin</p>
Meat, fish and eggs	<p>Lean/ tender meat and poultry</p> <p>Fresh, frozen or tinned fish</p> <p>Eggs boiled, poached, scrambled</p>	<p>Meat dishes with added vegetables</p> <p>Meat with gristle or fish with bones</p> <p>Fried eggs</p>
Dairy products	<p>Cheese, cream cheese</p> <p>Milk</p> <p>Rice pudding, yoghurt, custard, ice-cream</p>	<p>Any dairy food containing fruit, nuts or herbs for example yoghurt with fruit pieces</p>
Fruit and vegetables	None	All fruit and vegetables
Nuts, pulses, beans and lentils	None	All nuts, pulses, beans, lentils
Biscuits and cake	<p>Plain biscuits for example, Rich Tea, Malted Milk</p> <p>Cakes made with white flour for example, angel cake, madeira cake, chocolate cake</p>	<p>Wholewheat biscuits for example, Digestives, Ryvita, Hobnobs</p> <p>Any biscuits with fruit or nuts for example, Garibaldi</p> <p>Cakes with fresh/ dried fruit</p>

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Food group	Foods to eat	Foods to avoid
Cereal	Cornflakes, Rice Krispies including chocolate/ sugar varieties	Bran Flakes, Weetabix, Shredded Wheat, any cereal containing fruit or nuts for example, Crunchy Nut Cornflakes
Snacks	Wotsits, Skips, Quavers Jelly, mousse, crème caramel Plain or milk chocolate Boiled sweets, jelly babies	All other crisps Bombay mix, seeds Savoury snacks made with chickpea flour
Miscellaneous	Butter/ margarine Smooth jam/ marmalade with no seeds/ rind/ fruit pieces Honey, sugar, sweetener Salt Tomato ketchup, mayonnaise	Fresh or dried herbs Ground pepper Peanut butter
Drinks	Water, tea, coffee, fizzy drinks, fruit cordial/ squash Milk, milkshakes Hot chocolate, Ovaltine, Horlicks Bovril, Oxo Wine, beer Nutrition supplement drinks without fibre for example. Fortisip Compact, Complan	Fruit/ vegetable juices Smoothies Nutrition supplement drinks with fibre for example, Fortisip Compact Fibre

Here's how a day might look in the 3 days before your procedure:

Breakfast	White bread/ toast with butter/ honey/ jam Or grilled bacon (gristle/ rind removed) with boiled/ scrambled/ poached eggs Or cereal with milk
Lunch	Cheese on white toast Or Cream crackers with cheese
Evening meal	Fish, meat or poultry with white rice, pasta or peeled potatoes
Snacks	Skips or madeira cake or crème caramel

Keeping well hydrated

Aim to drink 2 to 3 litres of fluids in the days leading up to your colonoscopy/ flexible sigmoidoscopy for example, 8 to 10 glasses per day. This could include tea or coffee, water, fruit cordial/ squash.

You are going to lose a lot of fluid as your bowels are being emptied. It is important that you stay well hydrated as even mild dehydration can make you feel uncomfortable.

Please note some bowel preparations for certain procedures will ask you to only have clear fluids or nil by mouth starting at a certain time before your procedure. Please check the instructions you receive for bowel preparation that come with your specific procedure.

Clear fluids to include:

Water, fruit cordial/ squash (with less than 50% fruit juice), clear fizzy drinks, clear soups or meat extract drinks (Bovril or Oxo) black tea or coffee (no milk).

You may also include boiled sweets, clear jellies and clear mints.

After your procedure it is important that you return to a normal, healthy diet unless you are told otherwise.

Contact details for the Endoscopy Department

Leicester General Hospital:	0116 258 4183
Leicester Royal Infirmary:	0116 258 6997
Glenfield Hospital:	0116 258 3130
Hinckley and District Hospital:	01455 441970
Loughborough Hospital:	01509 564406
Melton Mowbray Hospital:	01664 854904

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