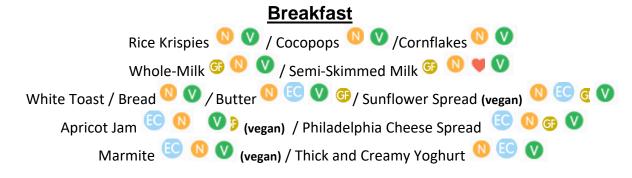
## Low Residue Diet for Colonoscopy / Flexible Sigmoidoscopy

Signioidoscopy		
Day 1 – 3 days before the test	Day 2 – 2 days before the test	Day 3 – 1 day before the test
Patient	Patient	Patient
Ward	Ward	Ward
Lunch	Lunch	Lunch
Fruit Juice - Apple or Orange	Fruit Juice - Apple or Orange	Clear Soup - made with Hot Water
V C (vegan)	V C (V G (N (vegan)	Marmite (vegan)
<b>Mag</b> (7)	<b>024 6</b>	Bovril 🔃 😉
Ham N V G	Ham N V 65	
Chicken (Halal)	Chicken (Halal)	
Plain Fish OF	Plain Fish 60 N 60	Fruit Juice - Apple or Orange
Omelette (V © V ©	Omelette (N EO (V G)	♥ 😉 🕻 🔀 (vegan)
Gravy (N ES (V) 65	Gravy O G	Sugar Free Orange Jelly N 😉 (vegan)
Creamed Potato © © 00	Creamed Potato © © 0 0	( cagain,
White Boiled Rice 🚭 🗸 🕦 💙	White Boiled Rice <sup>⊕</sup> ♥ № ♥	Orange or Lemon Squash 💷 🔃 🕻 🕞
White bread sandwich with	White bread sandwich with	
Tuna Mayonnaise	Tuna Mayonnaise	Tea or Coffee (vegan) (No Milk) 🤨 🕦 🕻 🕞
Egg Mayonnaise 😉 🔻	Egg Mayonnaise	, , ,
Mild Cheddar Cheese V N	Mild Cheddar Cheese V N	Fortijuice 🛛 🗸 🥫
Ham N 💙	Ham N	Not red coloured flavours
Sugar Free Orange Jelly (Vegan)	Sugar Free Orange Jelly 🚺 📁 (vegan)	
Hot Custard © VN	Hot Custard 😉 🛮 🕦	
Thick & Creamy Yoghurt 📁 🛛 🕦	Thick & Creamy Yoghurt 😉 🛛 🕦	
Rice Pudding 😉 🔍 🕦	Rice Pudding 😉 💟 🕦	
Cheese and Crackers V 🛚	Cheese and Crackers V 🕦	
With butter or sunflower spread 🕦 🛡	With butter or sunflower spread 🔍 🗸	
Supper	Supper	Supper
Fruit Juice - Apple or Orange	Fruit Juice - Apple or Orange	Clear Soup - made with Hot Water
♥ EC ♥ G N (vegan)	♥ E ♥ G N (vegan)	Marmite (V) (vegan)
Ham <sup>N</sup> ♥ <sup>G</sup>	Ham N V G	Bovril N 😉 🙃
Chicken (Halal) VGF N	Chicken (Halal) V G N	
Plain Fish 😉 N 🙃	Plain Fish 😉 🔃 🕕 🌐	Fruit Juice - Apple or Orange (vegan)
Omelette N 😉 V 🙃	Omelette 🕔 🤨 👽 🍪	<b>♥ ⑤ Ø ⑥ N</b>
Gravy O C O G	Gravy N EC V 65	Sugar Free Orange Jelly 🕓 💷 (vegan)
Creamed Potato	Creamed Potato	
White Boiled Rice <sup>€</sup> <b>V N V</b>	White Boiled Rice <sup>€</sup> <b>V N Y</b>	Orange or Lemon Squash 💷 🔃 🕻 🗗
White bread sandwich with	White bread sandwich with	Tea or Coffee (vegan) (No Milk) 😥 🕦 🕻 🕞
Tuna Mayonnaise 😇	Tuna Mayonnaise 😇	, , , ,
Egg Mayonnaise 😉 🛡	Egg Mayonnaise 😉 🛡	Fortijuice N 🗸 💷 👔
Mild Cheddar Cheese VN	Mild Cheddar Cheese VN	Not red coloured flavours
Ham 🔍 💙	Ham N 🕶	
Sugar Free Orange Jelly 🕔 😇 (vegan)	Sugar Free Orange Jelly 🔃 💷 (vegan)	
Hot Custard © VN	Hot Custard 😉 🗸 🕦	
Thick & Creamy Yoghurt 🥌 🗸 🕦	Thick & Creamy Yoghurt 💷 🛛 🕦	
Rice Pudding © VN	Rice Pudding V N E	
Cheese and Crackers V (1)	Cheese and Crackers V N	
With sunflower spread (vegan) or butter 🚺 🚺	With sunflower spread (vegan) or butter 🚺 🔻	
, , , , ,	, , , , , , , , , , , , , , , , , , , ,	•

## Low Residue Diet for Colonoscopy / Flexible Sigmoidoscopy



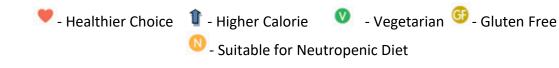
If gluten free breakfast options are required, ward staff can request from the Catering Department Gluten Free White Loaf  $\mathbb{N} \oplus \mathbb{V}$  + toaster bag, Gluten free Cornflakes  $\mathbb{N} \oplus \mathbb{V}$ 



A Menu Planner, which is located in the Ward Folder, for a Patient following the Low Residue Diet for Colonocopy / Flexible Sigmoidoscopy Diet is the suggested format for this Menu. Pease discuss and complete with a Member of Ward Staff and once completed the three day plan please ensure the plan is given to the Host / Hostess or delivered to the Catering Department.

If the patient requires a vegan or therapeutic diet such as Renal / Metabolic / Modified Texture please discuss with the ward Dietitian

## **Nutritional Symbols:**



Easier to chew. These meals are tender and easier to chew and can be cut with the side of a fork or spoon