



**Phoenix**  
Health  
Solutions

## **PATIENT INFORMATION**

**Low Residue Diet to be taken 48 hours before  
bowel preparation**



**Low Residue Diet to be taken for 48 hours before taking bowel preparation, then follow the instructions sheet on taking bowel preparation.**

The following is a list of suggested foods. Please note that this is not a complete list.

Coffeemate, coffee compliment

Fats (use sparingly):

Margarine, butter, vegetable oils, lard, mayonnaise, cream substitutes

Eggs:

Boiled or poached

Cereal:

Corn or rice based cereals e.g. cornflakes, puffed rice, rice krispies. No bran

Potatoes without skins:

Boiled, baked, creamed and mashed

Rice/ noodles:

Plain, boiled white rice, noodles

Pasta:

Plain macaroni or spaghetti

Meat/fish:

Minced or well-cooked tender, lean beef, lamb, ham, veal, pork, poultry, fish (not oily), shellfish

Gravy:

Using stock cubes (white flour or corn flour may be used to thicken)

Breads:

White bread, melba toast, milk toast

Vegetables:

Tender, well-cooked root vegetables such as carrots, de-pipped and skinned tomatoes and cauliflower florets

Sweets:

White sugar, brown sugar, clear jelly, honey, boiled sweets and glacier mints



Desserts:

Plain cake or biscuit without fruit/nuts, white macaroni, semolina, fat-free sponge, ice  
Lollies

Drinks:

Energy drinks, water, soda water, tiny amount of milk allowed in tea/coffee (preferably black), fizzy drinks, squashes, strained fruit juice, clear soup made from  
e.g. stock cubes, meat extract drinks

## Low Residue diet

### Suggested meal plan

<u>Breakfast</u>	Cornflakes, Rice krispies with coffeemate (mixed with water) White bread/toast  Butter or margarine sparingly  Seedless jam or honey
<u>Mid-morning</u>	Plain biscuits, e.g. Rich Tea, Morning Coffee Weak tea or coffee, squash, fizzy drink
<u>Lunch</u>	Fruit juice or clear soup Lean meat/fish/eggs  Boiled potato/white pasta/white rice  Vegetables (as allowed)  Suitable dessert e.g. jelly, sorbet, sieved fruit
<u>Mid afternoon</u>	As mid morning
<u>Evening Meal</u>	Fruit juice Meat/fish/eggs  White bread with butter or margarine (sparingly)  Or boiled potatoes (without skins)  Plain, fat-free sponge cake  Weak tea/squash



Bedtime

Plain biscuits

White toast or allowed cereal (with Coffeemate and water)

Weak tea or coffee, squash