

### How long will I need to follow a low residue diet for?

The length of time you will need to follow the diet for will depend on the reason you need the diet for. Usually for lower bowel scopes (colonoscopy & flexible sigmoidoscopy) you will need to follow the diet for two days before your procedure.

### How do I follow this diet if I am vegetarian or have other food intolerances?

If you don't eat meat or fish or have other food intolerances please ask to be referred for individual advice from a dietician.

### Will I miss out on important nutrients on this diet?

A low residue diet is not normally used for a long enough time period to cause. Long term nutritional deficiencies. If you are on this diet for an extended period your doctor may recommend a supplement.



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# How to follow a low residue diet

## A patient guide



Welcome to exceptional healthcare



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## Nutrition & dietetics

This information is for people who require a low residue diet.

### What is a low residue diet?

A low residue diet contains foods that are easy to digest. On a low residue diet it is necessary to avoid foods with high fibre content.

### Why do I need a low residue diet?

- As a way to prepare your bowel before your colonoscopy or flexible sigmoidoscopy.
- This ensures your bowel is clean enough to safely pass the scope through. It also ensures your consultant can get good views of your bowel. If the bowel is dirty, it is often unsafe to proceed with endoscopy procedures and your consultant may not be able to see any disease which may be present.
- This diet should be followed for at least two days before your procedure.

### Examples of high fibre foods you need to avoid

- Vegetables & salad – raw, cooked, tinned or frozen especially the skins & stalks
- Fruit – fresh, frozen, tinned, cooked & dried especially skins
- Beans, lentils & chick peas
- Potatoes with skin on (boiled, baked, roast or chipped)
- Bread – wholemeal, high bran, granary, high fibre white or half/half wholegrain & white mixes
- Wholemeal pittas & chapattis
- Wholemeal scones, crumpets & muffins
- Cereal bars, digestive biscuits, fruit cake & fig rolls
- Wholemeal lasagne & pasta
- Brown rice
- High fibre or bran crispbreads & crackers
- Wholemeal, wholegrain, bran or high fibre cereals, porridge & muesli
- Nuts

### Practical ways to reduce your fibre intake

- Choose white cereals such as cornflakes or rice based cereals
- Choose white varieties of rice & pasta
- Choose plain white biscuits such as rich tea or custard creams
- Choose white varieties of bread, scones & crumpets
- Try to avoid the skin of potatoes
- If you do some home baking try to use white flour
- All fruit, vegetables & salad items contain fibre, especially those which have skins, seeds & pips. Some people find that they can tolerate well boiled or pureed vegetables & fruit but trial cautiously
- Be careful of added vegetables, fruit, nuts & seeds in ready bought soups, sauces & ready meals
- Include vitamin C containing fruit squash or a small glass of fresh fruit juice to help get a balanced diet while you are restricting a lot of fruit & vegetables