

## Colonoscopy Diet Preparation

“Hi, my name is Yvonne and I am one of the dieticians here in St Vincent’s University Hospital.

This video is going to help guide you through preparing for your colonoscopy. As well as taking your bowel preparation correctly, your diet in the days leading up to your colonoscopy is also very important. Please see our separate video on taking your bowel preparation correctly”.

“If you are taking any iron or vitamin supplements, please stop these one week before your procedure. If you are taking any medications that cause constipation, such as loperamide or codeine phosphate, please stop these at least five days before your test”.

“You can continue to eat and drink normally up to three days before your test”.

“You will need to change your diet two days before your test. So, if your colonoscopy is on a Tuesday, you will need to avoid certain foods from Sunday morning onwards. It is important that you drink at least 2 litres of water per day in the two days leading up to your procedure”.

“It is important to avoid foods containing fibre, such as fruit, vegetables, seeds and grains, such as wholemeal bread and cereals, including porridge. Brown rice or pasta, crisps, alcohol and red jelly/jam, should also be avoided”.

“You can eat white bread, rice or pasta, plain biscuits, potatoes without the skins and cereals such as cornflakes and crisped rice. Up to two days before you procedure, you can eat some dairy products such as milk, cheese and plain yoghurts. You can also eat eggs, boiled chicken and white fish”.

“Please see our frequently asked questions for a more detailed list of foods that we recommend”.

“On the day before your test, have a breakfast of foods taken from the list allowed for the day before, except any dairy products. After breakfast, you should eat no more solid foods, but drink as much clear fluid as possible”.

“Clear fluids include: water, apple juice, lemon and lime fizzy drinks, black tea or coffee, without milk. Clear strained soup (without bits) and light coloured jelly can be taken to keep your energy levels up, as well as drinks such as Lucozade”.

“Avoid drinking any milk, or milk-based drinks on the day before the procedure. This includes nutritional supplements such as Ensure or Fortisip, as well as dairy alternatives like oat, almond or soy milk”.

“On the evening after your colonoscopy, you should have a light meal. The following day, your diet can begin to return to normal, depending on what you can tolerate. Please be aware that it can take 2-3 days for your bowel movements to return to normal”.

“Don’t forget to start your bowel preparation drink on the day before your procedure. You can view our other videos on this topic to find out more”.