

Sample menu

Breakfast	Strained fruit juice 1 cup of Rice Bubbles with milk 1 slice of white toast with butter/margarine and honey or vegemite Drink
Morning tea	1 slice white bread or plain scone or biscuit Plain yoghurt Drink
Lunch	White bread sandwich with butter/margarine, lean meat, cheese or egg 1 serve fruit Drink
Afternoon tea	1 slice white bread or plain scone or biscuit Plain yoghurt Drink
Dinner	Lean meat, fish or poultry Salad or vegetables 1 serve fruit with ice-cream or yoghurt Cracker biscuits and cheese Drink
Supper	1 slice white bread or plain scone or biscuit Plain yoghurt Drink

Disclaimer: The advice and information contained herein is provided in good faith as a public service. However the accuracy of any statements made is not guaranteed and it is the responsibility of readers to make their own enquiries as to the accuracy, currency and appropriateness of any information or advice provided. Liability for any act or omission occurring in reliance on this document or for any loss, damage or injury occurring as a consequence of such act or omission is expressly disclaimed.

Produced by: Department of Nutrition and Dietetics

Email: ogccu@health.wa.gov.au

Website: <http://wnhs.health.wa.gov.au>

© September 2005 WNHS 0318 Rev. 3

Revised December 2009

This information is available in alternative formats upon request

WOMEN AND NEWBORN HEALTH SERVICE

King Edward Memorial Hospital

374 Bagot Road Subiaco WA 6008

Telephone: (08) 9340 2222



Delivering a Healthy WA

Healthy Workforce • Healthy Hospitals • Healthy Partnerships
Healthy Communities • Healthy Resources • Healthy Leadership

Low Fibre Diet (Low Residue)

PREPARATION FOR SURGERY

Delivering a Healthy WA

Introduction

The procedure that your doctor has arranged for you requires that your bowel is free of food bulk.

Before your admission to hospital for this procedure you are required to prepare your bowel by following a Low Fibre (low residue) Diet.

On admission to hospital, you will be given a bowel preparation to complete the emptying of your bowel.

A Low Fibre or Low Residue Diet contains a minimal amount of fibre. Fibre refers to those food substances that are not absorbed by the digestive system. It is found in foods from plants like fruit, vegetables, cereals, nuts and seeds.

After the procedure you should resume your normal diet. It is not recommended that you follow a Low Fibre Diet for long periods.

The diet requires that for each day you choose food from the following food groups.

A sample menu is shown on page four.

Breads and cereals

Each day choose five serves from the list:

- 1 slice of white bread
- 1 cup of cornflakes, rice bubbles or Special K
- 1/2 cup cooked white rice, pasta or spaghetti

Between meals you may wish to snack on a plain cracker, plain sweet biscuit, cake or scone (no fruit, nuts or coconut).

Fruit

Choose two serves from the list each day:

- 1/2 cup pie apples
- 1/2 medium banana
- 1 small raw apricot
- 1/2 raw peach
- 2 small plums
- 2 cups watermelon (no seeds)
- 40 seedless grapes
- 1 medium nectarine
- 3 canned drained apricot halves
- 1/2 cup canned drained peach
- 1 cup honeydew melon

Vegetables

Have once per day. You may choose Option 1 OR Option 2.

Option 1

A salad including:

- 1 large lettuce leaf
- 1 asparagus spear
- 2 thin slices capsicum
- 1/4 peeled carrot
- 1 celery stick (long)
- 1/4 tomato
- 5 slices cucumber

OR

Option 2

One small cooked potato plus any one cooked vegetable serve from the list below:

- 1/2 cup beans

- 1/4 cup carrot
- 1/2 cup sliced mushrooms
- 1/2 cup sliced zucchini
- 2 boiled squash

Milk, cheese, yoghurt

You can eat your usual amount of these foods.

Avoid dairy products containing fruit, nuts or seeds.

Meat and other proteins

You can eat your usual amount of these foods.

Avoid nuts, lentils, dried peas and beans.

If making a casserole, only use the vegetables allowed for this diet.

Miscellaneous

You may choose the following foods freely as they contain no fibre:

- Fats and oils
- Water
- Strained fruit or vegetable juice
- Fruit juice drink, cordial, soft drinks
- Tea, coffee, milo, Aktavite, drinking chocolate, Quik, Ovaltine
- Clear soup, Bonox, Bovril
- Sugar, honey, golden syrup, treacle
- Plain chocolate, toffee, barley sugar
- Jelly, custard, junket
- Salt, spices, herbs
- Vegemite
- Tomato sauce