

Colonoscopy/ Pre-Operative Surgery Diet Instructions

Suggested Meal Plan When on a Low Residue Diet (2 days prior)

One serve of fruit/ day

BREAKFAST		Cornflakes/ rice bubbles – skim milk Poached egg White toast/ muffin Honey or vegemite Tea or coffee
LUNCH	NO RED MEAT	Strained fruit juice Chicken white bread sandwich Rice cake/ cottage cheese
DINNER		Grilled fish/ chicken/ eggs Noodles/ white rice, pumpkin/ potato Milk pudding, ice cream, custard or junket Jelly Tea or coffee
MID MEALS		Tea, coffee or strained fruit juice Plain biscuits Banana, watermelon (no seeds) Canned/ cooked peaches no skin or seeds

Increase your fluid intake (add 2 litres) on this day to hydrate you.

Clear Fluid Diet (1 day prior)

You need to drink 3 litres today.

Avoid red, purple, blue, green, fluro and dark coloured drinks or jellies.

- Clear or strained soup (to contain no particles or solid matter after straining).
- Yellow and orange coloured jellies, cordial (***avoid those that are red, purple, blue, green, fluro and dark coloured***).
- Tea, and/ or coffee (a little sugar can be added).
- Any glucose preparation (e.g., Lucozade, Gatorade, Staminade). (***Avoid those that are red, purple, blue, green, fluro and dark coloured***).
- A beef or chicken cube, or one teaspoon of vegemite/ bonox in hot water.
- Soft drink such as ginger ale, ginger beer and lemon drinks (such as lemonade or lemon cordial). NO COLA. (***Avoid those that are red, purple, blue, green, fluro and dark coloured***).
- Pineapple/ apple juice (strained).
- Boiled sweets (barley sugar) can be sucked.
- Honey/ plain sugar.
- No alcohol.
- No dairy/ milk or milk substitutes.

**WE WILL CALL YOU BETWEEN 1-5PM DAY PRIOR
TO YOUR SURGERY WITH FASTING/ADMISSION
TIMES**

If you have any problems please do not hesitate to phone (02) 4286 1121.

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