

ALLOWED LIST OF LOW FIBRE FOODS & FLUIDS

Drink options:	Water, tea, coffee, unflavoured skim milk, soft drinks, cordial. Strained fruit juices, clear soups, Milo or Ovaltine
Meat & other Protein foods:	Lean: beef, veal, lamb, pork, poultry. Grilled fish Eggs (boiled, scrambled or poached)
Dairy Foods:	Milk, low fat ice-cream, cottage cheese, plain or vanilla yoghurt, custard, cheese, rice pudding, evaporated milk, powdered milk, butter or margarine.
Fruit & Vegetables:	Potato, pumpkin, marrow, squash, choko, avocado, <u>You will need to remove the skin & seeds from all of these fruits & vegetables</u> mushrooms, ripe banana, apple, peach, pears, pawpaw, rockmelon, watermelon, canned peaches, apricots
Bread & Cereals:	White bread / toast, plain/white muffins, plain bread rolls, crumpets, plain croissants, white pita bread, refined breakfast cereals, e.g. Semolina, Cornflakes, Rice Bubbles, plain pancakes / pikelets, white rice, couscous, polenta, plain bagels.
Other Foods:	Clear jellies (Orange, Yellow), sugar, chocolate, honey, seedless jams, vegemite.

SAMPLE MENU - LOW FIBRE DIET

BREAKFAST	Strained fruit juice, Corn Flakes or Rice Bubbles with skim milk Eggs, (poached, boiled or scrambled.) White toast or White Muffins. Tea / Coffee
LUNCH	White bread sandwiches or roll with ham, cheese, chicken, tuna or egg - NO salad Plain cake or biscuits
DINNER	Lean meat, steamed chicken or fish. Potato / pumpkin with NO skins, white rice.
SNACKS	Plain cake, biscuits Tea, coffee, herbal drinks or soft drink

ALLOWED CLEAR FLUIDS - NO ALCOHOL

- Apple juice
- Clear lime or lemon cordial
- Lucozade
- Jelly (only yellow or orange)
- Tea & or coffee (NO MILK)
- Clear soups (consomme, bonox, chicken soup - strained)
- Soft Drinks - lemonade, ginger ale, ginger beer.

Some Helpful Hints

- Drink plenty of clear fluids.
- Apply protective cream, e.g. Lanoline around your anal area to reduce pain / redness.
- Keep warm.
- If you feel nauseated whilst taking the preparation, stop for 30 minutes and have a hot clear drink.
- If you feel bloated, try walking around, suck some peppermints or drink peppermint tea.