

Noosa Surgical and Endoscopy Centre
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Examples of High Fibre Foods to avoid for 3 days prior to Colonoscopy

Sultana Bran, Muesli, Hi-grain weet-bix

Bran

Oats

Nuts

Seeds

Seed and skin containing fruit e.g. grapes, watermelon, passionfruit, oranges, prunes, sultanas, dried apricots

Seed and skin containing vegetables i.e. cucumber, corn, lentils, tomato, carrots, sprouts, celery, onion, capsicum, chillies, green beans, pulses, eggplant

Brown Rice

Wholemeal, grain breads

Wheat germ

Crunchy Peanut Paste

Popcorn

Foods that are OK for 3 days before hand except for the day before which is a clear liquid diet only

Meat, chicken

Milk

Eggs

Fish

Butter Margarine

White bread, plain cakes, biscuits made with white flour

White rice

Spaghetti, Plain Pasta and Noodles

Lasagne **without** tomatoes carrot, capsicum

Vegetable and fruit Juices (no skins or seeds)

Potato without skin, pumpkin without skin or seeds, mushrooms, peas, canned beetroot, asparagus, garlic, lettuce

Apple without the skin or the seeds, mango, banana, peaches without skin, pears without skin or seeds

Sauces salt pepper

Pastry non-wholemeal

Vegemite

Processed breakfast cereals i.e. Corn Flakes, Rice Bubbles, Special K, Semolina, plain weet-bix

Rice crackers (no seeds)

Wafers

Saladas non wholemeal

Plain Cheese

Custard, yoghurt without seed or skin containing fruit added

Plain Chocolate, lollies

Potato Chips

Sausage rolls, pies without vegetables e.g. carrot, corn, celery

Honey, Sugar

Jelly

Smooth peanut butter

Canned Baked Beans

Tofu¹

¹ Low Fibre Diet Document
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