

Fasting guidelines for afternoon admission- low residue diet

Information for parents and carers



Fasting for a general anaesthetic

Your child **must** have an empty stomach when having a general anaesthetic.

Please note that these fasting guidelines are essential for your child's safety while under a general anaesthetic.

Low residue diet (day before the procedure)

- Your child should eat a low residue diet the day before their procedure. This means they can **only eat** from the Foods Allowed list in the table below.
- **Offer your child their evening meal at 5pm at the latest on the day before the procedure.**
- **Following your child's evening meal, please stop all solid food** and encourage them to drink clear fluids as per the guidance about drinks on the bottom of the next page.

Food Type	Foods Allowed	Foods Not Allowed
Bread, flour, rice, pasta, and cereals (including breakfast cereals)	<ul style="list-style-type: none"> • White: bread, flour, cornflour, rice, noodles, pasta and cous cous • Rice crispies, cornflakes, coco pops 	<ul style="list-style-type: none"> • Brown/seeded/whole wheat: bread, rice, pasta, noodles and cous cous • Porridge, muesli, wholegrain breakfast cereals (e.g. Weetabix, Shreddies, Branflakes) • Cereals containing fruit and nuts
Potatoes	<ul style="list-style-type: none"> • Boiled (no skin) • Mashed, baked, chips (no skin) 	<ul style="list-style-type: none"> • Potato with skin
Dairy	<ul style="list-style-type: none"> • Milk, cream, ice cream, custard, yoghurt, cheese, rice pudding 	<ul style="list-style-type: none"> • Dairy foods containing fruit pieces or nuts

Food Type	Foods Allowed	Foods Not Allowed
Fruit and vegetables	<ul style="list-style-type: none"> None, except juices (no bits) and potatoes (no skins) 	<ul style="list-style-type: none"> Please avoid all fruit and vegetables especially sweetcorn
Meat, fish and alternatives	<ul style="list-style-type: none"> All lean meat Fish including fish fingers Tofu Eggs 	<ul style="list-style-type: none"> Quorn Meat/Fish/Tofu dishes containing vegetables, e.g. bolognese
Beans and pulses	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> All pulses- e.g. beans, lentils and peas
Soups, sauces and spreads	<ul style="list-style-type: none"> Clear soup (not tomato/vegetable/lentil) Gravy made from stock cubes (flour can be used to thicken) Jam, marmalade (no pips or peel), honey, syrup Yeast extract e.g. marmite 	<ul style="list-style-type: none"> Vegetable soup including tomato Jam and marmalade with pips or peel Peanut butter Hummus
Confectionery and snacks	<ul style="list-style-type: none"> Plain biscuits e.g. rich tea, shortbread Rice cakes and cream crackers Plain cake Crisps, tortilla chips Chocolate Clear Sweets Chewing gum Jelly (not red) Ice lollies (not red) 	<ul style="list-style-type: none"> Wholemeal biscuits e.g. digestives Biscuits containing oats or coconut: e.g. hobnobs, flapjack Wholemeal crackers, Ryvita, oatcakes Cake containing fruit and/or nuts Snacks/chocolate containing fruit and/or nuts Nuts, seeds, popcorn or Bombay mix
Fats, oils and sugars	<ul style="list-style-type: none"> Butter, margarine, oils All sugars and sweeteners 	<ul style="list-style-type: none"> None
Drinks	<ul style="list-style-type: none"> Water Fruit juice (no bits) Diluting juice Sports drinks and Lucozade Fizzy drinks Hot chocolate and malted drinks All teas and coffee 	<ul style="list-style-type: none"> Fruit juice (with bits) Smoothies Red fruit juice e.g. raspberry/cranberry Red soft juice e.g. cherryade/Ribena

Fasting (evening before and day of the procedure)

To avoid dehydration and maintain blood sugar levels, encourage your child to drink lots of clear fluids, up until the time of your admission on the day (they will also be allowed fluids after admission until an hour before their scope procedure).

Food and drinks allowed

- Clear fruit juice (no bits) e.g. apple juice
- Diluting juice
- Sports drinks
- Lucozade
- Clear soup (not tomato/vegetable/lentil and no bits)
- Ice lollies
- Jelly (not red)
- Clear Sweets

Food and drinks not allowed

- No low calorie/diet options
- Fruit juice with bits/cloudy
- No caffeinated drinks
- Red coloured drinks/jelly
- Ice lollies with fruit bits

Note: If your child is enterally fed with a nasogastric or gastrostomy feeding tube, please stop their feeds at 5pm the night before the procedure and replace feeds with Dioralyte (same volume and rate as their usual feeds), until 1 hour before the scope. Please contact your child's dietitian if you need any advice on this management plan.

Please make sure you stick to the guidance on diet and medications given in this leaflet. If you do not there may be a risk the procedure will be cancelled or repeated.

Medications

If your baby or child is on any regular medication, please ensure this is given as usual **except iron preparations, which should be stopped one week before the colonoscopy**. If you are unsure about this, please contact the ward to discuss this with a member of the nursing staff or with the GI medical or nursing team. Please bring you baby/child's medicines with you to the hospital in their original containers. Please remember to give your child the bowel preparation medication as instructed by the GI (Gastroenterology) team in the days leading up to the colonoscopy.

Further information

On admission, the nursing staff may allow your child a clear drink (water or diluting juice) with the anaesthetist's approval, until an hour before they are due to go for their procedure. There is occasionally the possibility that they may need to be kept in hospital overnight. This would be at the request of the consultant or anaesthetist and if it is necessary, they will let you know why.

Contact

If you have any questions or concerns about these instructions before admission, please contact the Crichton Unit on **0131 312 0970** or the GI team through our secretaries on **0131 312 0431**.

