

Fasting guidelines before your procedure – low residue diet

Gynaecology Oncology

Information for patients



Low residue diet (day before the procedure)

- Follow a low residue diet the day before your procedure. Only select foods from Foods Allowed list in the table below.
- No food should be consumed after midnight.

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. cherryyade/Ribena

