

# 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"> <li>• White: bread, flour, cornflour, rice, noodles, pasta and cous cous</li> <li>• Rice crispies, cornflakes, coco pops</li> </ul>	<ul style="list-style-type: none"> <li>• Brown/seeded/whole wheat: bread, rice, pasta, noodles and cous cous</li> <li>• Porridge, muesli, wholegrain breakfast cereals (e.g. Weetabix, Shreddies, Branflakes)</li> <li>• Cereals containing fruit and nuts</li> </ul>
Potatoes	<ul style="list-style-type: none"> <li>• Boiled (no skin)</li> <li>• Mashed, baked, chips (no skin)</li> </ul>	<ul style="list-style-type: none"> <li>• Potato with skin</li> </ul>
Dairy	<ul style="list-style-type: none"> <li>• Milk, cream, ice cream, custard, yoghurt, cheese, rice pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Dairy foods containing fruit pieces or nuts</li> </ul>

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

