

VIRTUAL COLONOSCOPY DIET SHEET

Please follow these instructions closely to make sure that your bowel is as empty as possible before the scan. Keeping to this diet will improve the accuracy of this test. If you have any questions please contact the St Marks Radiology department Receptionist Monday to Friday between 9.00am and 4.30pm on 020 8235 4180.

If you are taking iron tablets stop taking them 7 days before your scan.
Please bring a dressing gown or coat with you.

TWO DAYS BEFORE YOUR SCAN:

You can eat low fibre foods including the following:

- milk (2 cups/day), plain yoghurt, cheese, butter, margarine
- white fish or chicken: boiled/ steamed/ grilled
- eggs, Tofu
- white pasta, white rice
- white bread, white pitta, white flour chapattis
- potatoes with no skin eg mashed, boiled
- clear soups (no solid bits eg sieved chicken noodle), Bovril, Oxo
- clear jelly, boiled sweets, ice cream, chocolate (no fruit or nut pieces)
- salt, pepper, sugar, sweeteners and honey

Have plenty to drink from tea, coffee, squash, fizzy drinks, water, clear fruit juices (eg apple, grape, cranberry)

Suggested meals could include for example

Breakfast: White bread/toast with butter and honey
 Boiled or poached egg

Lunch/ Dinner: Grilled fish or chicken with white rice and boiled potatoes (no skin)
 Scrambled eggs on white toast, vanilla ice cream

Do not eat high fibre foods such as

- red meats, pink fish (eg salmon)
- fruit, vegetables, salad, mushrooms, sweetcorn
- cereals, nuts, seeds, pips, bran, beans, lentils
- brown bread, brown or wild rice, brown pasta
- pickles, chutneys

THE DAY BEFORE YOUR SCAN:

Have a light breakfast, choosing from the list of allowed foods. After this DO NOT EAT ANY SOLID FOOD until after your scan. You can still have clear soups (eg sieved chicken noodle soup, vegetable Bouillon), jelly, ice cream, Ambrosia custard, Complan drinks, Bovril and Oxo drinks, and water, clear juices, fizzy drinks and tea.

ON THE DAY OF YOUR SCAN:

Keep drinking plenty of clear fluids from the list but DO NOT EAT any solid food.