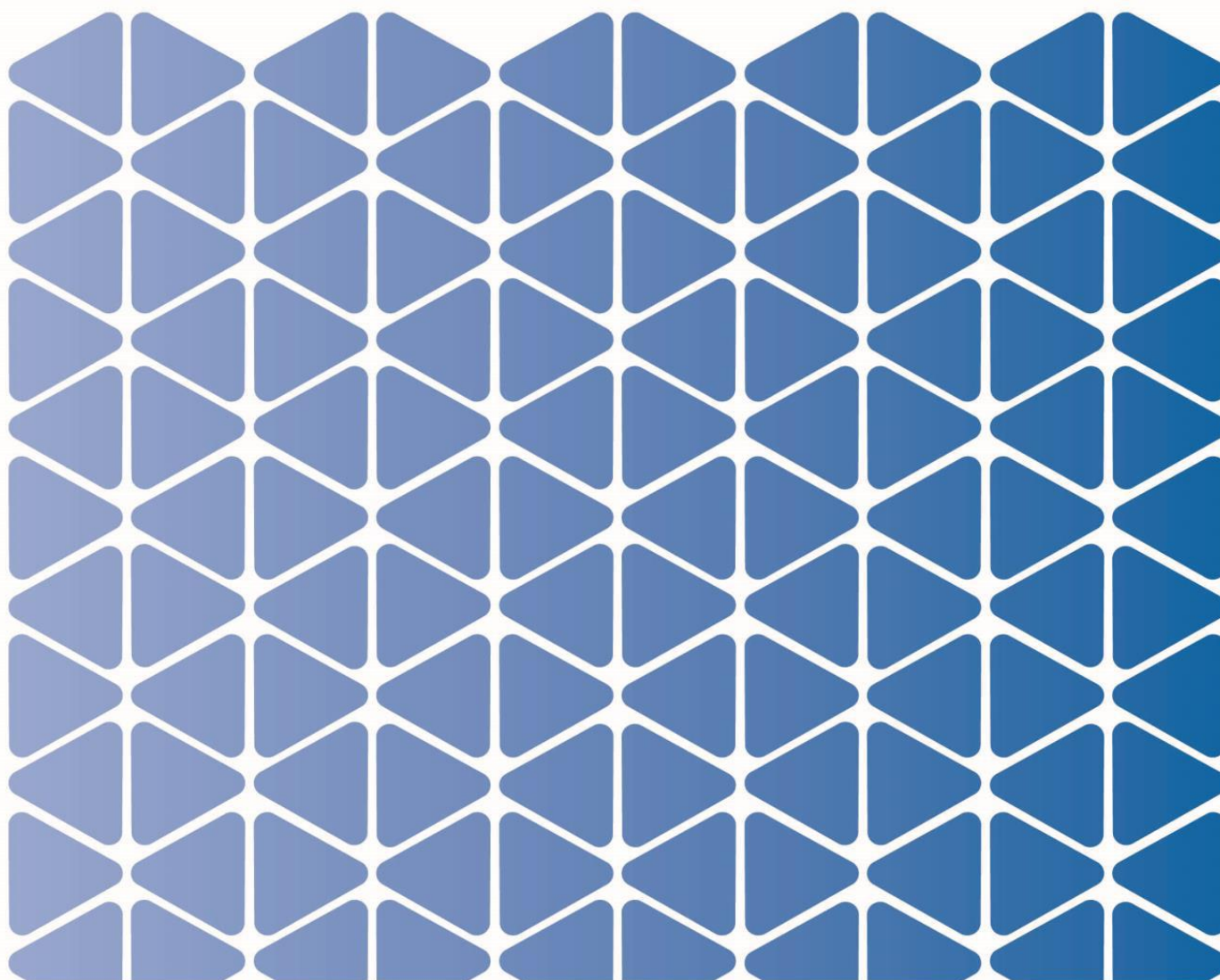




## PATIENT INFORMATION

### Endoscopy department

## LOW FIBRE DIET



## Endoscopy department

### Low Fibre diet - Information for patients, relatives and carers

Food Type	Food ALLOWED	Food to AVOID
Bread, cereals and grains	<p>Refined breakfast cereals such as: Rice Krispies®, Coco Pops®, Weetos®, Frosties®, Cornflakes®, Sugar puffs®, Ready Brek®.</p> <p>Products made from white flour for example white bread, white pasta, crumpets, English muffins, wraps, pitta bread, bagels.</p> <p>Well cooked white rice, rice noodles, egg noodles, white noodles.</p> <p>Plain naan bread, plain chapatti, poppadum's. Rice pudding, semolina, tapioca, plain couscous and Polenta.</p>	<p>Wholemeal cereals. Cereals containing nuts, seeds or dried fruit.</p> <p>Muesli, fruit and fibre, shredded wheat, bran flakes, Crunchy Nut Cornflakes®</p> <p>Any bread products or biscuits containing coarse grains, seeds or nuts or dried fruit such as multigrain bread, seeded batch, rye crispbread, rough oatcakes, hobnobs, muesli bars, flapjacks, teacakes, scones, fruit loaves.</p> <p>Brown rice, brown pasta, quinoa, pearl barley.</p>
Meat, poultry and fish	<p>Soft and tender meats or poultry without visible fat and with skin removed such as poultry, lamb, beef, pork, veal and ham.</p> <p>Plain tofu, textured vegetable protein, Seitan, Quorn®.</p> <p>All types of eggs.</p> <p>Fish without bones such as cod, salmon.</p> <p>Seafood (ensure prawns and shrimps are peeled).</p>	<p>Tough, gristly meat or skin including pork scratchings.</p> <p>Fish with bones like sardines or with edible bones like whitebait.</p>
Dairy products, fats and oils	<p>Limit all types of milk including nut and plant-based milks to <b>no more than half a cup a day</b>.</p> <p>Any dairy alternatives are also allowed, in the same quantities.</p>	<p>Cheese containing dried fruit, onions or nuts.</p> <p>Yoghurts or fromage frais containing fruit pieces, dried fruit, nuts, seeds or cereal</p>

Vegetables	<p>Well-cooked or pureed root vegetables such as carrots, parsnips, turnips or swede.</p> <p>Tomatoes <b>without</b> skins or seeds such as tomato juice canned deseeded tomatoes, passata, tomato puree.</p> <p>Well-pureed hummus, lentil soup sieved to remove skins.</p> <p>Vegetable juices or soups – sieved to get rid of any seeds/skins.</p> <p>Avocado.</p> <p>Mashed potatoes or well-cooked potatoes <b>without</b> skin, for example jacket potato, boiled potato.</p> <p>Potato gnocchi is also allowed. Potatoes can be made into chips but <b>NOT</b> deep fried. (Fatty foods are difficult to digest and may cause discomfort)</p>	<p>All vegetable stalks, skins, seeds and peel.</p> <p>Sweet corn, broad beans, runner beans, mange tout, sugar snap peas, sweetcorn, spinach.</p> <p>Raw vegetables such as peppers, radishes and celery, tomatoes, cabbage, leeks, onions, lettuce, spinach and salad leaves.</p> <p>Firm beans and pulses with thick skins like kidney beans, baked beans, haricot beans, barlotti beans, soybeans, puy lentils, mushy peas or chickpeas.</p> <p>Potato skins.</p> <p>All curries made with lentils, beans, legumes/pulses.</p>
Fruits	<p>Fruit juice (no seeds / pips / skins / piths).</p> <p>Cooked or stewed fruit <b>without</b> skin. Melon, banana, canned pears, peaches or apricots, canned citrus fruit with no pith, skin or pips such as mandarins or grapefruit.</p> <p>Pureed fruit / fruit coulis (sieved).</p>	<p>All dried fruit.</p> <p>Any fruit skins, pips or seeds, strawberries, raspberries, blueberries, blackcurrants, gooseberries, passion fruit, pineapple, kiwi, mango, apricots.</p>

Desserts	<p><u>Clear</u> jelly only.</p>	<p>Coloured jelly e.g. red jelly. Ice cream containing fruit and nuts, cakes, puddings and pies containing any of the following: Wholemeal flour, dried fruit, nuts, dried coconut and any fruits you have been advised to avoid.</p>
Drinks	<p>Fruit and vegetables juices with no bits.</p> <p><b>UHT Clear Apple juice</b> (This is an excellent choice to drink alongside the sachets of bowel prep)</p> <p>Water, soft drinks, tea and coffee, herbal tea.</p>	<p>Fruit and vegetable juices/smoothies with pulp and seeds.</p>
Other	<p>Clear or strained soups.</p> <p>Sugar, honey, golden/maple syrup, seedless jam, marmalade.</p> <p>Dark/milk/white chocolate, boiled sweets, marshmallows, toffee</p>	<p>Chocolate with fruit or nuts.</p> <p>Nuts, seeds, coconut and desiccated coconut.</p> <p>Marmalade with peel, jam with seeds.</p>

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.