



Endoscopy Department

Diet Advice Before Your Colonoscopy

One week before your colonoscopy

If you are taking any iron or vitamin supplements, please stop these one week before your procedure.

If you are taking any medications that cause constipation, such as loperamide (also called Imodium) or codeine phosphate, please stop these at least five days before your test.

Up to three days before your colonoscopy

Eat and drink as normal.

Two days before your colonoscopy

You will need to change your diet two days before your test. So, if your colonoscopy is on a Tuesday, you will need to avoid certain foods from Sunday morning onwards.

It is important that you drink at least 2 litres of water per day in the two days leading up to your procedure.

Food to avoid before your colonoscopy

Avoid foods that contain high levels of fibre.

Examples include:

- Fruit
- Vegetables
- Seeds, nuts and grains
- **Brown** bread, **brown** rice or **brown** pasta
- Porridge and high fibre breakfast cereals

Also avoid:

- Alcohol
- **Red** jelly or **red** jam
- red cordial/dilutable

Foods you may eat up to two days before your colonoscopy:

- **White** bread, **white** rice or **white** pasta
- Plain biscuits (e.g. rich tea)
- Potatoes without the skins
- Cereals such as cornflakes and crisped rice.
- Eggs
- Cheese
- Fish
- Chicken
- Butter (or margarine)
- Seedless jam
- Marmite
- Honey
- Chocolate
- Yoghurt
- Jelly (any colour except red)
- Ice-cream
- Milk

The day before the test:

- Have a breakfast from the list allowed for yesterday.
- No solid foods after breakfast.
- Please take your bowel clearing medicine as outlined, depending on whether you are having your colonoscopy in the morning or afternoon.