

## Patient information

# Low Residue Diet for Small Bowel Capsule

## Gastroenterology Department

As you are unable to safely tolerate bowel preparation for this test, we would like you to follow a low residue diet and liquids only the day before your test. The instructions are given below and should be followed carefully.

### Diet

You must start the special diet three days before your test. This is a low-residue diet which limits the amount of fibre and other foods that increase bowel activity.

An example of a low residue diet is shown below.

You may eat freely from the foods contained in this list, unless you are allergic or have been advised to avoid certain foods.

Please avoid taking any food or drink that is not contained within this list of foods/drink you can consume.

**No solid food should be taken on the day before your test but you should continue to drink clear fluids.**

**The day before and the day of the procedure, milk in any form should be avoided.**

An example of clear fluid drinks is shown further in this leaflet.

### Foods you can eat

- White meat, skinless chicken, grilled/boiled/poached or steamed white fish.
- Potato without skin boiled/mashed/chips.
- Eggs, cheese, tofu.
- White - bread, croissants, pasta, rice, cous cous, pastry (white flour).
- Cornflakes, Rice Krispies, Frosted Flakes.
- Smooth yoghurts.
- Crisps.
- Butter/margarine.
- Seedless/shredless marmalade or jam.

- Marmite, honey, rich tea biscuits, chocolate, yoghurt.
- Plain ice cream, custard, clear jelly (no red or blackcurrant jelly), boiled sweets.
- Sponge cakes without fruit or nuts, rice pudding/semolina.

### **Foods you should avoid**

- Wholemeal or granary bread, wholemeal flour, wholemeal pasta, brown rice, pearl barley, bran, quinoa.
- All whole-wheat cereals e.g Branflakes, Weetabix, Shreddies etc.
- Porridge and Muesli (all containing dried fruit and nuts).
- Yogurts or cheese containing fruit or nut pieces.
- Red meat or fish that is tough or gristly, skin and bones of fish and chicken, pies, egg dishes containing vegetables.
- Vegetables, salad, baked beans, split peas, lentils, peas, sweet corn, celery, All seeds, tough skins, potato skins.
- All fruit including dried fruit, citrus fruit and berries, prunes, smoothies, fruit juices with bits.
- Avoid all nuts including coconut and almond.
- Puddings, cakes and biscuits made with wholemeal flour, dried fruits or nuts.
- Chocolate or toffee with dried fruits or nuts, Popcorn, Marzipan, Digestive biscuits.
- Marmalade with peel or jam with seeds.
- Lentil and vegetable soups, Pickles and chutneys, Horseradish, Relish.

### **What can I drink?**

#### **Clear Fluids:**

- Water, mineral/fizzy, fizzy drinks (including Lucozade), fruit squash (not blackcurrant), chicken stock cubes, clear soup, tea/coffee (to be taken black the day before and day of the procedure), herbal/fruit teas.
- Sweetener may be added to food/drinks.
- Oxo, Bovril, clear soup (watery without bits in it).

You must drink at least one glass of fluid from the list every hour (throughout the daytime) during the diet preparation period.

## Alcohol:

We advise to minimise alcohol consumption, in line with national guidance. If alcohol consumption is desired the following can be drunk.

- Lager / Beer.
- Spirits with light coloured mixer i.e., Lemonade / Tonic.
- White wine.

## Alcoholic drinks to be avoided:

- Red / Rose Wine.
- Dark Mixers including Cola.
- Guinness.



## Example of low residue diet: Breakfast

- One boiled or poached egg.
- One to two slices of white bread, butter or margarine or honey.
- Tea or coffee.

## Midday

- Steamed or grilled white fish or chicken.
- One medium boiled potato (no skin) or two tablespoons of boiled white rice.
- Small plain jelly.

## Evening

- As midday, or other foods from the low residue foods list.
- Small plain jelly.

**It is important to drink plenty of fluids in-between mealtimes.**

## Summary of the Bowel Preparation Regime:

Please follow the regime outlined below

Day	Date	Diet
Three days before the test		Low residue diet
Two days before the test		Low residue diet
One day before the test		Clear fluids only for the rest of the day. No milk
Day of test		You may have sips of water if required. Please do not eat any food until 2 hours after swallowing the capsule. No milk

What do I do on the day of the procedure?

**Remember you are not allowed to eat anything until after your test.**

- You may continue to take all your other usual medications as normal. **Do not take your medication one hour either side of the planned time for swallowing the capsule.**
- Do not take tablets for diabetes on the day of your procedure but **bring your medication with you.**
- If you take insulin, please take this as instructed by your diabetes nurse.
- If you normally monitor your blood sugar, please check it every two hours.
  - **If you feel dizzy, sweaty or irritable (signs of low blood glucose) take two to three teaspoons of sugar, or six glucose tablets, or one glass of Lucozade.**
  - You should feel better almost immediately, if not repeat the above treatment. If symptoms persist, contact your GP or your specialist community diabetes team.

**Attend the gastroenterology department at your appointment time.**

### Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## Further information

Contact the Gastroenterology Unit at the Royal Liverpool Hospital

Monday – Sunday: 8am – 6pm

Telephone: 0151 706 2819 / 2726 / 2656

Text phone number: 18001 0151 706 2819 / 2726 / 2656

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