

CT Colonography Diet Sheet

Aim: 2 days of a very low fat and very low fibre intake before your CT Colonography

	Suitable	Avoid
Drinks <i>It is important to have a good intake of fluids to keep your bowels working</i> <i>Aim for 6 -8 cups a day</i>	Tea and Coffee <ul style="list-style-type: none"> • black or with skimmed milk • sugar/sweeteners Clear fluids <ul style="list-style-type: none"> • Water • Clear Soups/ Stock/ Broth • Herbal tea • Diluted clear fruit cordials • Clear fruit juices e.g. Apple • Clear fizzy drinks 	Fruit juices if not clear Milk shakes Smoothies Semi skimmed or full fat milk
Meat <i>Cook by steaming or boiling.</i> <i>Do not fry or use any oil in cooking</i>	Lean white meat e.g. Chicken or Turkey Fish (Low fat) <ul style="list-style-type: none"> • cod, plaice, smoked haddock, trout, salmon • fish tinned in brine Tofu and Quorn	Red Meat e.g. Beef, Lamb Fish (High fat) <ul style="list-style-type: none"> • herrings, kippers, mackerel, sardines, pilchards • fish tinned in oil
Dairy	<u>Must be lowest fat possible</u> Milk - skimmed Cottage cheese – low fat Cream cheese – low fat Yoghurt – smooth, plain, low fat Egg whites Butter/ Spread (if very sparingly)	<u>Medium or high fat dairy products</u> e.g. Any Mayonnaise/ Salad cream Anything listed opposite with significant fat <u>Anything containing any fibre</u> e.g. Yoghurts containing fruit, cereal or nuts
Fruit / Veg	None	All fruit and vegetables Dried fruit Pulses eg peas, beans, lentils, nuts
Bread / Cereals/ Carbohydrate	<u>No Roughage/ Fibre</u> White Breads (inc. white pitta or chapattis) Peeled Potatoes if steamed or boiled White Pasta/ Noodles White Rice Rice Krispies, Coco puffs, Frosties White Biscuits i.e. Rich tea, malted milk, shortbread Plain Cake i.e. sponge	<u>Roughage/ Fibre</u> Breads - Wholemeal, brown, granary, bran, soya, High fibre white breads. Wholemeal Pasta/ Noodles Brown Rice. Any cereal other than those listed opposite Any biscuits other than those listed opposite Any biscuits containing fruit and nuts. Any Cake containing fruit, nuts or fibre or butter icing Rye and wholegrain products
Other	Jelly Meringue Jams and marmalade without any bits in Honey, Syrup, Boiled Sweets Chocolate Bovril, Oxo, Marmite	Anything containing fruit solids or nuts Crisps and other snack foods Marmalade/jam with pips/peel Peanut butter Pickles and chutneys

PATIENT DIET INFORMATION FOR CT COLONOGRAPHY (Please ignore packet instructions)

You will be contacted within 4 working days with an appointment and to confirm your diet. Please contact Derriford CT Appointments on 01752 437183/4371 if you have not been contacted within 4 working days.

TWO DAYS BEFORE YOUR EXAMINATION ON THE

Only **LOW FIBRE/LOW FAT** foods and drinks are allowed. Please turn over for a list of suitable foods. Foods to be avoided are also listed overleaf. **PTO.**

THE DAY BEFORE YOUR EXAMINATION ON THE

Only **LOW FIBRE/ LOW FAT** foods and drinks are allowed. **PTO.**

BEFORE BREAKFAST: Dissolve the sachet of either **Citrafleet** or **Picolax (only if received or instructed)** in a small amount of water. This may become hot. Wait for 5 minutes and top up to a cupful (200 ml) with cold water. **Stir and drink** the mixture. **Drink plenty of the LISTED FLUIDS today.**

0800 HOURS (8am): Measure out one third (about 33ml) of the bottle of **GASTROGRAFIN** and take with a light breakfast.

1200 HOURS (12noon): Measure out one third of the bottle of **GASTROGRAFIN** and take with a light **lunch**.

1800 HOURS (6 pm): Measure out one third of the bottle of **GASTROGRAFIN** and take with a small **evening meal**.

NO SOLID FOOD must be taken after your **evening meal**. It is important to **drink plenty of FLUIDS** mentioned overleaf.

ON THE DAY OF YOUR EXAMINATION ON THE.....

NO SOLID FOOD but keep drinking plenty of **fluids** mentioned over the page, until after your CT scan. **PTO.**

Take prescribed medication except any designed to increase bulk to your motions (i.e. Fybogel).

If you are DIABETIC it is essential that you maintain your correct blood glucose level throughout your diet. (See information letter).

The X-ray laxative/dye will produce frequent and very loose bowel movements and you will need to **stay near a toilet**.