

# CT Colonography Diet Sheet

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

	<b>Suitable</b>	<b>Avoid</b>
<b>Drinks</b>  <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"> <li>• black or with skimmed milk</li> <li>• sugar/sweeteners</li> </ul> Clear fluids <ul style="list-style-type: none"> <li>• Water</li> <li>• Clear Soups/ Stock/ Broth</li> <li>• Herbal tea</li> <li>• Diluted clear fruit cordials</li> <li>• Clear fruit juices e.g. Apple</li> <li>• Clear fizzy drinks</li> </ul>	Fruit juices if not clear  Milk shakes  Smoothies  Semi skimmed or full fat milk
<b>Meat</b>  <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"> <li>• cod, plaice, smoked haddock, trout, salmon</li> <li>• fish tinned in brine</li> </ul> Tofu and Quorn	Red Meat e.g. Beef, Lamb  Fish (High fat) <ul style="list-style-type: none"> <li>• herrings, kippers, mackerel, sardines, pilchards</li> <li>• fish tinned in oil</li> </ul>
<b>Dairy</b>	<u><b>Must be lowest fat possible</b></u> Milk - skimmed Cottage cheese – low fat Cream cheese – low fat Yoghurt – smooth, plain . low fat Egg whites Butter/ Spread (if <b>very</b> sparingly)	<u><b>Medium or high fat dairy products</b></u> e.g. Any Mayonnaise/ Salad cream Anything listed opposite with significant fat  <u><b>Anything containing any fibre</b></u> e.g. Yoghurts containing fruit, cereal or nuts
<b>Fruit / Veg</b>	None	All fruit and vegetables Dried fruit Pulses eg peas, beans, lentils, nuts
<b>Bread / Cereals/ Carbohydrate</b>	<u><b>No Roughage/ Fibre</b></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><b>Roughage/ Fibre</b></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
<b>Other</b>	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)

**TWO DAYS BEFORE YOUR EXAMINATION ON .....**

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 .....**

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

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

**1200 HOURS:** Measure out one third (33ml) of the bottle of **GASTROGRAFIN** and take with a light **lunch**.

**1800 HOURS:** Measure out one third (33ml) 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 .....**

**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).**