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WHITE DIET PRIOR TO COLONOSCOPY

The white diet is a low-residue diet for patients undergoing bowel preparation for colonoscopy that is better tolerated by patients than the traditional liquid diet.

A thorough bowel preparation and empty large bowel is vital for safe and successful colonoscopy. Unsatisfactory bowel preparation may result in an inadequate examination, increases procedure-associated risks, and may lead to a repeat procedure being required (and therefore a repeat bowel preparation).

To increase the chances of having clean bowels for the procedure, it is important not to overeat or have large portion sizes.

CLEAR LIQUIDS:

- Water, soda water, or mineral water
- Black coffee, black tea, herbal teas (no milk)
- Lemonade, apple juice (no pulp), cordial and sports drinks (not red/purple/blue)
- Clear soup (e.g. clear chicken broth), yellow or green jelly (not red/purple/blue)

WHITE DIET ALLOWED FOODS:

- Clear liquids
- Milk (therefore white tea and coffee is allowed whilst on the white diet)
- Plain/vanilla yoghurt (no added fruit), mayonnaise, cream, sour cream, butter and margarine, oil for cooking
- White bread/toast (not high fibre bread), rice bubbles, rice crackers (plain)
- White rice, regular pasta, potatoes (peeled), rice noodles
- Eggs
- Meat: chicken breast (no skin), white fish fillet (no skin)
- Cheese: cream cheese/cheddar/ricotta/feta/cottage/mozzarella/parmesan cheese
- Sweets: white chocolate, vanilla ice cream, lemonade icy-poles, sugar, custard

FOODS NOT ALLOWED:

- Anything not listed above. Despite the diet's name, some white-coloured foods are not allowed!
- Specifically, the following foods are NOT allowed: pears, parsnip, cauliflower, onion, high-fibre bread, tofu, coconut, porridge, banana, mushrooms, semolina, couscous, and popcorn
- **PLEASE NOTE** : Cease eating foods containing seeds/grains/nuts including multigrain bread 5 days prior to your procedure.

EXAMPLE ALLOWED WHITE DIET MEAL PLAN:

- Note: only small portion sizes: eat only to satisfy hunger, not to feel full
- Breakfast: Rice Bubbles with milk and white sugar, or regular white toast and scrambled eggs
- Midday Lunch: sliced chicken breast, butter, regular white bread sandwich
- Snack: plain rice crackers with fetta cheese



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- Dinner: plain grilled white fish (+/- white sauce) with boiled white rice/plain pasta/peeled potato
- Desert option: white chocolate/white yoghurt (no fruit)/vanilla milkshake/plain vanilla ice cream
- On the evening before your procedure cease all solid foods before commencing bowel preparation.
- Once starting bowel preparation only consume clear fluids (you must from now stop food and drink allowed on the white diet).
- Have nothing to eat or drink from 2 hours prior to your scheduled admission time.
- Required and allowed tablets are always permitted with sips of water

IF YOU HAVE ANY QUERIES, PLEASE RING OUR ROOMS ON 9455 2188