

Patient information

Low residue diet pre-surgery

Why do I need to follow a low residue diet?

Residue includes any food, including fibre (the undigested parts of plant foods) that remain in your bowel and increases the size and number of your stools. A low residue diet reduces the size and number of your stools. This diet is being recommended to reduce your stools prior to your surgery.

What is a low residue diet?

Foods that have high fibre content should be reduced in the diet. These include wholegrain cereals, wholemeal bread/biscuits, nuts, seeds, dried fruits and skin/stalks of vegetables.

For the short duration of this diet, it is recommended that you avoid all fruit and vegetables.

How long do I need to follow this diet?

It is recommended that you follow the low residue diet for **2 days** before your surgery. This is to help ensure all residue is removed from your bowels

Please see the suggested meal plan below for ideas of food choices at mealtimes:

Breakfast

Bowl of rice krispies or special K or sugar puffs or Frosties

White sliced bread/roll/crumpet with butter or margarine (not toasted) honey or marmite or seedless/shredless jam or marmalade

Smooth yoghurt

Small glass smooth fruit juice

Lunch

Sandwich (white sliced bread/roll/pitta) with meat or chicken or fish or cheese or eggs
i.e.tuna mayonnaise
(no salad or pickles)

Bowl soup (either clear consommé or meat flavoured – no vegetables) with sliced white bread/roll

Smooth yoghurt or mousse

Evening meal

Meat or fish or chicken or egg dish with gravy or white or cheese sauce

White pasta or white rice or cous cous or soya or quorn or tofu

Potatoes without skins (either boiled, mashed, homemade chips or roast potatoes)

Yoghurt or ice cream or jelly

Milk pudding e.g. rice pudding, semolina, tapioca, mousse, meringue, cream

Plain/chocolate sponge cake with custard

Snacks

Plain biscuit e.g. rich tea, shortbread, cream filled, chocolate chip

Sponge cake e.g. Madeira, chocolate, cream filled

Chocolate or marshmallow rice krispie cakes or sweets

White crackers or crisp breads with butter/margarine and cheese (hard/soft)

Crisps

Plain yoghurt or mousse or jelly or ready custard/rice pudding pot

Drinks

Tea/ Coffee/ Hot chocolate/ Horlicks/ Ovaltine/ Smooth fruit juice (without bits/ pith)/ Fizzy drinks/ Milkshakes/ Squash

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