

Radiology Department

Bowel preparation (diet) for a Small Bowel examination

Information for patients



Bowel preparation instructions

The bowel must be relatively empty to allow the doctor to see it clearly. Therefore please follow the low residue food diet **the day before your appointment:**

Diet

Please follow the diet instructions below on **the day before your appointment:**

BREAKFAST 8.00am-9.00am

Eat **one** of the following:

- 30g Rice Krispies or cornflakes with up to 100mls milk, **or**
- 2 slices white bread or toast with a thin layer of butter/ margarine and/or honey if desired, **or**
- 1 boiled/poached egg with 1 slice of white bread or toast as above, **or**
- 50g cottage or cream cheese with 1 slice of white bread **or** toast as above

Plus tea / coffee (with milk/sweeteners as required) **or** water **or** clear fluids (for example: fruit squash/ Bovril/ lemonade)

MID-MORNING DRINK

Tea / coffee (with milk / sweeteners as required) or water or clear fluids (as above)

LUNCH 12.00noon-13.30pm

Choose **one** of the following:

- 75g of meat (e.g. lean beef, lamb, ham, veal, pork **or** poultry,with gravy) or fish or shellfish, or
- 2 boiled or poached eggs, **or**

- 100g cream or cottage cheese or cheese sauce

and **one** of the following:

- 2 slices white bread or toast with a thin layer of butter **or** margarine, **or**
- 2 small (egg-sized) potatoes, with the skin removed, with small amount of butter or margarine, **or**
- 2 tablespoons plain white rice **or** pasta

Plus **black** tea /coffee, water **or** clear fluids

SUPPER 7pm-9pm

No solid food allowed

- Clear soup or drinks made from stock or meat extract cubes
- Clear jelly for dessert

Plus black tea /coffee, water **or** clear fluids

No further solid food, milk or dairy products are allowed until after the procedure the next day.

HAVE NOTHING TO EAT OR DRINK ON THE MORNING OF THE EXAMINATION.

When the examination has finished you will be able to eat and drink normally. You may wish to bring a drink and a snack to eat after the examination has finished. Alternatively, you can visit the hospital restaurant.

How to contact us

If you have any questions about these instructions, please telephone the number on the front of your appointment letter.

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@orh.nhs.uk**

Carol Picking, GI Advanced Practitioner
Dr Helen Bungay, Consultant Radiologist
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Oxford Radcliffe Hospitals NHS Trust
Oxford OX3 9DU
www.oxfordradcliffe.nhs.uk