

1. **Diet:** You must follow a low residue diet for day 1 and day 2 prior to your xray.

This means you **must not eat any of the following:**

- Cereals or Muesli
- Nuts
- Fruit or fruit juices (strained fruit juice permissible)
- Wholemeal bread or any wholemeal products
- Icecream, cream, cooked fats (eg. Meat fat, sausages)
- Vegetables
- Gaseous drinks

Suggested diet should consist largely of the following:

- White rice
- White spaghetti
- White bread
- Lean Meat or chicken
- Tea, coffee
- Clear Soup
- Jelly
- Honey & Vegemite
- Egg (poached or boiled)
- Polyunsaturated margarine
- Skim milk
- Junket
- Fish

(see attached sheet)

2. **Fluid Intake:**

It is **extremely important** to drink at least 1-1 ½ litres of water each day. Adequate fluid intake decreases the discomfort often associated with this preparation.

3. **Medication:**

It is **extremely important** to continue taking your prescribed medication.

Suggestions for low residue diet

- **Eggs** – poached, boiled, scrambled or lightly fried, canned spaghetti preferably without cheese.
 - **Sandwiches** – suggested fillings: chicken, spaghetti, egg, vegemite or honey.
 - **Lean meat** – lamb, veal, pork with fat cut off before cooking, chicken without skin, baked, grilled, poached, steamed or microwaved.
 - Suggested sauces for meat and chicken: honeyed chicken, lemon (using strained lemon juice), apricot and white sauce using skim milk.
 - **Chicken noodle soup** – home made or store bought.
 - **All types of commercial pasta** – (not wholemeal), white rice or fragrant rice.
 - **Tomato sauce or soup.**
 - **Fish** – steamed, baked or grilled.
 - **Bread** – may be toasted.
 - **Baked rice and custard** (using skim milk).
 - **Bread and butter pudding** (using skim milk and margarine).
 - **Sao biscuits or plain sweet biscuits** (milk arrowroot or morning coffee).
 - **Cordial.**
 - **Mild herbs and spices.**
 - **Fruit juice** – clear or strained.
 - **Milk coffee or hot chocolate.**
 - **Pancakes, pikelets or plain scones** (using skim milk and white flour).
 - **Sago pudding.**
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