

# Your diet when preparing for a colonoscopy

Information and advice for patients

## ***Bowel Cancer Screening Programme***

It is very important that you remain hydrated before, during and after your colonoscopy. You must stop eating 2 hours before you start taking bowel preparation (Klean Prep) but to keep hydrated please drink CLEAR DRINKS ONLY.

### **Allowed**

- Fruit juice/squash - apple, lime, cranberry, white grape
- Oxo, Bovril, clear soup
- Mineral drinks
- Soft drinks and sports drinks like Lucozade
- Ginger ale
- Water
- Black tea or coffee, with sugar if you like but NO MILK
- Iced tea
- Boiled sweets, pastilles
- Jelly

### **Not allowed**

- Solid food
- Fruit juice with pulp
- Prune juice
- Milk (including milk in tea or coffee)
- Dairy products
- Liquids dyed red, orange, purple or brown (such as cola)

### **Day of the colonoscopy**

On the day of the colonoscopy:

- Do not take any food or drink which is not listed in the "allowed" list.
- Drink CLEAR FLUIDS ONLY and stop drinking 2 hours before the colonoscopy procedure.
- Do not eat or drink after arriving at the hospital for your colonoscopy procedure.
- You can eat normally AFTER the colonoscopy procedure.

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If you are unsure, please contact the Bowel Cancer Screening Practitioner (Nurse) on the relevant number:

**City Hospital:** 0121 507 6002 or 6154

**Sandwell Hospital:** 0121 507 3185

### **Further information**

For more information about our hospitals please see:

[www.swbh.nhs.uk](http://www.swbh.nhs.uk)

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If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5420 or email: [swb-tr.swbh-gm-patient-information@nhs.net](mailto:swb-tr.swbh-gm-patient-information@nhs.net)



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