

## Nutrition prior to colonoscopy

A thorough cleaning of the intestines is the most important prerequisite for a reliable colonoscopy. As the passage of food through the gastro-intestinal tract takes about 48 hours, one should pay special attention to their nutrition in this period prior to the examination. Try to drink at least 2 litres of fluid on these days.

You should change to low-fibre, easily digestible foods **no later than 3 days** before the examination. Course, high-fibre foods and foods that cause flatulence should be avoided. The table below shows which foods you should avoid and which foods are preferable.

Appropriate	Inappropriate
<p>Rolls, white bread, pasta, rice, potatoes, dumplings, compote or sauce made of apples, pears, soft bananas</p> <p>Soft, steamed vegetables such as: carrots, celery root, fennel, squash, zucchini, pureed spinach</p> <p>Lean meat (minced), veal, poultry, steamed fillet of fish, soft-boiled egg, low-fat milk and dairy products such as plain yogurt, fine cottage cheese spreads, cream cheese, mild Camembert cheese, Edam cheese</p> <p>Finely crushed or ground spices such as basil, marjoram, cinnamon, etc.</p>	<p>Wholemeal bread, muesli, bran, beans, lentils, maize, cabbage, onion, pole beans, garlic, peppers, cucumber, leaf spinach, salad, tomatoes, mushrooms, pineapple, celery stalks, cherries, plums, peaches, dried fruit such as raisins, figs, dates, foods with small seeds e.g. grapes, melons, berries, sesame, nuts, poppy seed</p> <p>Fatty meat and sausage products, smoked and roasted meat, scrambled eggs, whole milk and high fat dairy foods such as whipped cream, cremefraiche, alpine cheese, parmesan, pepper cheese, gorgonzola, etc.</p> <p>Whole coarse spices such as fennel, caraway, peppercorns, etc.</p>

### One day before the examination:

**Breakfast:** Have a light breakfast: e.g. white bread, rolls or Zwieback with butter and strained jam or honey, with a slightly sweetened tea, or coffee without milk.

**Lunch and dinner:** Only drink clear fluids: e.g. clear soups (without additions), fruit or herbal tea, black tea, black coffee – slightly sweetened as required. Do not drink fruit and vegetable juices.

If you are underweight or if you have unintentionally lost a lot of weight in recent weeks, ask your doctor for suitable possibilities for calorie consumption (e.g.: sip feeds without fibre, maltodextrin, etc.)

### On the day of the examination:

Do not eat anything before the examination. Drinking clear fluids (possibly with sugar) is permitted up to 4 hours before the examination.