

White Diet

You are booked in for a procedure at GASTROMEDICINE & ENDOSCOPY. It is imperative that you read thoroughly and follow the instructions below (and also your bowel preparation Instruction sheet which will have been emailed to you or given to you in person at one of our centres) in order to achieve a successful results. **In the lead up to your procedure you will need to alter your diet and follow a 'White Diet'.**

What is a White Diet?

A 'White Diet' is a simple low residue diet which is defined by eating foods or drinking beverages which are NOT brightly coloured. It is the eating of foods which are white or pale in colour ONLY. Brightly coloured foods and beverages in the bowel can compromise the quality of the bowel preparation and the results of your procedure.

A White Diet must be consumed for three (3) days in the lead up to your procedure.

White Foods Permitted	 Milk, soy milk Milkshakes Yogurts (no fruits or syrups) Cream Soups Sour Cream Mayonnaise Butter / Margarine Cheese (all) White chocolates Vanilla ice cream Custard Tofu 	 White rice, rice noodles, Rice bubbles Rice crackers White bread / toast / bread rolls, muffins White curry Potatoes Regular/White pasta Eggs Fish (incl. tuna, salmon), Chicken Breast (no skin) Pumpkin Bananas Cauliflower 	 Water Gatorade (Yellow in colour only) Lemonade Soft drinks (Lemonade or Lemon flavoured only) Tea / coffee White grape juice Apple Juice Icy pole (Lemonade or Lemon flavoured only) Salt, pepper, oils, cooking sauces
White Foods to be EXCLUDED	Anything not listed above Other white coloured foods such semolina, couscous, popcorn	as, pears, parsnip, onion, coco	nut, porridge, mushrooms,



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White Diet Sample Plan

Breakfast

- Rice Bubbles with milk and white sugar
- · Regular white toast and scrambled egg

Morning Tea

• Plain rice crackers with feta cheese

Lunch

- Sliced chicken breast, butter, regular white bread sandwich
- White chocolate
- Lemonade icy-pole

Afternoon Tea

- Plain vanilla yoghurt or
- Vanilla milkshake

Dinner

- White fish fillet with white rice or mashed potato or
- Regular pasta with diced chicken breast and parmesan cheese or
- Chicken soup (clear chicken broth/stock) with rice noodles and sliced chicken breast
- Bowl of ice cream
- Glass of soda water or lemonade

What are Clear Fluids?

Clear fluids are liquids which are clear in colour. The consumption of clear fluids whilst completing your preparation aid's in the effectiveness of the bowel preparation while keeping you hydrated. Please sip on any of the fluids in the table below as often as you like when consuming the bowel preparation and fasting from food. Please drink a mix of the clear fluids listed below, do not rely solely on water during this period – due to the potential risk of electrolyte imbalances.

Approved Clear Fluids	 Water (Please limit the amount of water consumed between the preparation sachets to avoid low sodium in the blood) Lemonade Apple/Pear Juice (no pulp) Coffee/Tea without Milk Clear coloured fruit cordials Clear Broth Clear coloured soft drinks Clear coloured sports drinks Clear coloured Hydralyte 	
Fluids to be Excluded	Anything not listed above	

<u>PLEASE NOTE:</u> Have NOTHING to drink – NO water or ANY fluids (including clear fluids) for a minimum of FOUR HOURS before your procedure time.