

# Dietary Instructions before your CT Colonogram

## Two days before the CT Colonogram

**Avoid** all fruits, vegetables, salads, breakfast cereals (except those mentioned below), wholemeal bread and dried fruit.

### Breakfast

Strained fruit juice

Rice Krispies, Ricicles or Cornflakes

Boiled or poached egg

White bread or toast (bread limit 4 slices for the day)

Scraping of butter or margarine

Jelly type jam, marmite, honey or syrup

Tea or coffee with a dash of milk

### Main meal of the day

Lean meat

Potatoes (mashed or boiled without skins)

Rice (white)

Pasta (white)

White fish

Poultry (without skin)

Eggs (not fried)

### Pudding

Jelly

Milk pudding

Plain yoghurt or flavoured yoghurt which contains no fruit

Plain cake or scone

### Snack meal

White bread or toast (bread limit 4 slices for the day)  
Egg (poached or boiled)  
Lean meat e.g. ham  
Low fat cheese spread  
Chicken portion (without skin)  
Meat paste

### Extras

Boiled sweets, peppermints, water biscuits, Rich tea biscuits

### Drinks

Water, squash, fizzy drinks, Bovril, Marmite, strained fruit juice, tea, coffee, Ovaltine, Drinking Chocolate, Horlicks

## The day before the examination

### Breakfast

As yesterday

### Rest of the day

Clear fluids only.

Tea without milk, black coffee, strained fruit juices, fruit squash, e.g. orange, lemon or blackcurrant, fizzy drinks such as Cola, lemonade, ginger beer, sodawater, Oxo, Bovril and marmite.

You may have boiled sweets, peppermints, barley sugars, glacier mints, glucose sweets

### Further Information

If you have any queries about the diet, are on a special diet, please contact your GP or the X-ray Department on 01225 825989.

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