

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 result. **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	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 <u>EXCLUDED</u>	<ul style="list-style-type: none"> • Anything not listed above • Other white coloured foods such as, pears, parsnip, onion, coconut, porridge, mushrooms, semolina, couscous, popcorn 		

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 you can see through when you hold them up to the light. The consumption of clear fluids whilst completing your preparation aids 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	<ul style="list-style-type: none"> • Water • Lemonade • Apple/Pear Juice (no pulp) • Black Tea • Clear coloured fruit cordials* • Clear Broth • Clear coloured soft drinks* • Clear coloured sports drinks* • Clear, lemon or orange coloured Hydralyte* <p>*No red or purple-coloured drinks are to be consumed</p>
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PLEASE NOTE: Have **NOTHING** to drink – NO clear fluids (including chewing gum) for a minimum of **SIX HOURS** before your procedure time. However, you can take **small** sips of water up until 2 hours prior to your procedure. Regular medications can be taken with a small sip of water unless otherwise instructed by your GP or Gastroenterologist.