

# DR CHRISTOPHER DESMOND

MBBS (HONS) FRACP PROVIDER NO. 4260402W

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## GASTROENTEROLOGIST

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### **DIET INSTRUCTIONS FOR BALLOON ENTEROSCOPY PM**

#### **One day before your procedure**

You must go on a low fibre diet and drink plenty of clear fluids from the list below, which informs you what you may or may not eat or drink.

#### **NOT ALLOWED:**

No fatty or oily foods.

Do **NOT** eat red meat, brown bread, noodles, brown rice, cereals, milk, soy vegetables or fruit.

Do **NOT** have anything with seeds in it.

Do **NOT** have any yellow cheese, margarine or butter. **NO ALCOHOL.**

#### **ALLOWED:**

You may eat cottage cheese, low fat plain yoghurt, skinny milk, white bread, softly boiled or poached eggs, steamed or microwaved white fish, grilled chicken, well cooked, peeled pumpkin and potato. You may add salt and pepper to taste. You may have clear jelly (only lemon or lime).

#### **APPROVED CLEAR LIQUIDS:**

Water, clear salty fluids, (e.g. strained chicken noodle soup, clear broth or bouillon, Bonox). Clear fruit juices (apple or pear) or clear cordials (lemon or lime). Black/green/herbal teas or black coffee and artificial sweeteners are permitted. Clear jelly, carbonated soft drinks, sports drinks, Gastrolyte or Lucozade, - **NO** red or purple colours. Sugar or honey is allowed. You may suck barley sugar or equivalent.

**On the day prior to your procedure** you may have a light breakfast and lunch from the list above. **AFTER 1PM TODAY YOU MUST HAVE NOTHING TO EAT. YOU MUST CONSUME 12-15 GLASSES OF CLEAR FLUIDS (as listed above) in order to cleanse the small bowel.**

#### **DAY OF PROCEDURE:**

Nothing to be taken by mouth after 7am . (this includes approved clear liquids). Nothing to eat or drink. You may take your regular medications for heart, blood pressure or asthma with a sip of water by 7am. You must have someone to pick you from the hospital. You **MUST NOT** drive, operate machinery or make important decisions for the rest of the day after the procedure, due to the effects of anaesthesia.

You may return to normal duties and food intake the following day.