

Getting ready for a colonoscopy with a vegan or plant-based diet.

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What is a colonoscopy?

A **colonoscopy** is a procedure that examines your large intestine (colon).

During this examination, a flexible tube called a colonoscope is gently inserted into your anus and moved through your large bowel to provide a detailed view of the lining.

What is Bowel Prep?

Before your colonoscopy, most endoscopy units will guide you through a process known as "bowel prep."

This process involves a combination of a low-fibre diet followed by strong laxative medications in the days leading up to the procedure.

The goal is to thoroughly clear your colon of any stool residue, ensuring that the endoscopist can obtain a clear view of the entire colon lining.

To ensure a successful and complete colonoscopy, it's essential to carefully follow your healthcare provider's instructions regarding medication and hydration during the bowel prep phase.

Low-Fibre (Low-Residue) Diet During Bowel Prep

Most centres will ask you to keep to a low-fibre diet in the few days prior to your procedure. During the low-fibre phase of your colonoscopy preparation:

You Can Eat:

- Cornflakes
- Rice crispies
- White bread
- Olive oil
- White flour
- White pasta
- White rice noodles
- Well-cooked white potato without the skin
- Silken or firm tofu
- Seitan (vital wheat gluten)
- Vegan cheeses and butters
- Maple syrup
- Agave syrup
- Clear jams or jellies (avoid red jellies, which can sometimes resemble abnormalities in the colon)
- Clear soups
- Bouillon
- Clear broths
- Soya sauce and tamari



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Foods to avoid:

- Any wholegrains, such as wholegrain breads or cereals
- Brown rice
- Brown pasta
- Quinoa
- Fruits
- Vegetables
- Beans
- Legumes
- Leafy greens
- Veggie soups
- Dahl
- Tempeh
- Hummus
- Nuts
- Seeds
- Popcorn

In summary, you need to avoid consuming fibre-rich foods during the preparation phase.

Clear Fluids Before the Procedure:

In the 12 to 24 hours immediately preceding the colonoscopy, your endoscopy centre may instruct you to consume only clear fluids. Stay hydrated by drinking:

- Water
- Coconut water
- Clear fruit squash
- Tea or coffee with a dash of plant-based milk
- Clear sweeteners such as sugar or maple syrup
- Clear apple juice



Smoothies are **not allowed** (too much fibre!).

You'll notice that these recipes are quite bland, low in fibre and higher in calories.

Almost the exact opposite of a healthy diet.

However, this low-fibre phase of eating is an essential part of making sure that your colonoscopy is completed successfully.

Creamy Tofu and Potato Soup

Ingredients:

- 200g well-cooked white potato
- 150g silken tofu
- 1 tbsp olive oil
- 1 cup vegetable bouillon
- Salt and pepper or soya sauce to taste

Blend the potatoes and tofu until smooth. In a pot, heat olive oil, add the potato-tofu mixture and bouillon. Stir until warmed through. Season with salt and pepper, or soya sauce.

White Pasta with Olive Oil and Vegan Cheese

Ingredients:

- 100g white pasta
- 2 tbsp olive oil
- 30g plant-based cheese

Cook pasta until soft, drain, and toss with olive oil and plant-based cheese. Serve warm.

Optionally, you can spread the cooked dish on a tray and bake until lightly browned.

Seitan Stir Fry

Ingredients:

- 100g seitan
- 100g white rice noodle
- 1 tbsp olive oil
- 1 tbsp soya sauce
- 1 tsp maple syrup

Cook rice noodles. Thinly slice seitan and stir fry in olive oil. Add noodles, soya sauce, and maple syrup, mixing well. (Use extra firm tofu rather than seitan if you wish).

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Rice Crispies Treats



Ingredients:

- 2 cups rice crispies
- 2 tbsp plant-based butter
- 2 tbsp agave syrup

Melt plant-based butter, stir in agave syrup, then add rice crispies. Press into a pan, let cool in the fridge, then cut into squares.

White Rice Pudding



Ingredients:

- 1 cup cooked white rice
- 2 cups plant milk
- 2 tbsp maple syrup

Mix the cooked rice, almond milk, and maple syrup to a saucepan. Cook over medium heat until thickened. Add a pinch of salt if you wish.

Clear Soup with White Rice Noodles



Ingredients:

- 2 cups clear broth
- 100g white rice noodles

- Soya sauce to taste

Cook noodles in broth until soft, season with soya sauce.

Seitan and White Bread Sandwich

Ingredients:

- 2 slices white bread
- 100g thinly sliced seitan
- 1 tbsp plant-based butter

Toast bread, spread plant-based butter, add seitan, and cover with the second slice.

Toasted White Bread with Clear Jam

Ingredients:

- 4 slices white bread
- 2 tbsp clear jam

Toast the bread, spread with clear jelly.

Maple-Glazed Tofu

Ingredients:

- 200g firm tofu
- 2 tbsp maple syrup
- 1 tbsp soya sauce
- 1 tbsp olive oil

Slice the tofu. Mix maple syrup and soya sauce in a bowl to make the glaze. Coat the tofu in the glaze and then fry each side on a non-stick pan until lightly browned. Serve with cooked white rice and extra soya sauce.

Cheesy Potato Bake

Ingredients:

- 300g white potatoes (peeled, cooked and sliced)
- 1/2 cup shredded plant-based cheese
- 1 tbsp olive oil, salt to taste

Layer sliced potatoes in a baking dish, sprinkle with plant-based cheese and olive oil, bake until cheese is melted.

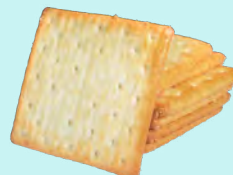
Some quick snack ideas:



Plain biscuits



Plain scones



Plain crackers



Plain sponge cake

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Some more snack ideas:

- Smooth oat/soya yoghurt / soya milk custard pudding (e.g. alpro) / vegan ice-cream
- White Chocolate / boiled sweets
- White bread / toast with plant-based butter
- Low fibre breakfast cereal (eg. Rice Crispies or Cornflakes)
- Tea / coffee / water / squash or cordial
- Skinless white potatoes / white rice / white pasta
- White bread / roll / crackers with plant-based cheese
- White rice pudding / plant-based custard / plant-based jelly and ice-cream /oat/soya yoghurt

Oral Nutritional supplements (if required):

Fortisip Plant-based 1.5Kcal
(Nutricia)



After your colonoscopy - it's time to *nourish yourself!*

In most instances, you will be fully recovered and ready to eat within an hour or so of your procedure.

Patients are usually quite hungry after a colonoscopy, and excited for their next proper meal. It's a good idea to pack some **tasty plant-based foods** to enjoy after your procedure.

At this point you are free to get back to enjoying the healthy, fibre-packed plant-based foods that promote **excellent gut health.**



A final note.

We hope that you find this information leaflet helpful. Make sure to carefully read and understand your provider's own instructions on getting ready for your colonoscopy. If you have any questions or concerns, don't hesitate to reach out to them.

They want you to arrive confident and well-prepared for your procedure.