



Information for  
patients and  
carers

**Pre-procedure guide for colon  
capsule endoscopy**

Instructions for bowel preparation

## Low residue diet (food and drink) for 3 days before your colon capsule

Please only eat and drink items in the green boxes and take senna for three days before your colon capsule.

Low residue diet sheet		
Type of food/ drink	<input checked="" type="checkbox"/> You can eat these	<input type="checkbox"/> Avoid these
Milk/Dairy	Milk-small amounts in tea/coffee. Cheese and cottage cheese. Yogurt - Plain/natural.	No mixed yogurts- Fruit with skin or seeds, nuts, granola, seeds.
Bread/Grains	White bread including muffins, rolls and bagels. White rice or pasta. Plain crackers e.g., cream crackers. Low fibre cereal-corn flakes, puffed rice.	Brown or wild rice. Wholegrain/ brown bread, pasta, or crackers. Wholegrain/ high fibre cereals like oatmeal, raisin bran, granola. Bread or cereal with nuts or seeds.
Meat	No skin- Chicken, turkey, fish, and seafood. Eggs and tofu.	No tough meat with gristle, deep fried.
Legumes	None allowed	None allowed
Fruit	Fruit juice - no pulp. Apple sauce Melons, apricots, and peaches.	Raw fruit with seeds, skins, or membranes (e.g., berries, pineapple. Apples, oranges, watermelon). Raisins or other dried fruit.

	Canned or cooked fruit with no seeds or skin.	NO CANNED PINEAPPLE
Veg	Potatoes - no skin.	No raw skin, seeds, peel, sweetcorn, tomatoes, onions, cucumbers with seeds and peel. Cooked cabbage and brussels sprouts, squashes. Lima beans and green peas.
Nuts & seeds	None allowed	None allowed
Fats & Oils	Butter, margarine, veg oil and other oils. Mayo, salad dressings with no seeds or nuts.	No salad dressing made with seeds or nuts.
Soups	Broth, bouillon, strained soups.	Soups with lentils, chilli, veg, dried beans, corn, or pea soup. Unstrained soups.
Desserts	Plain pudding or plain ice cream, sherbet or sorbet, plain sponge cake, rich tea biscuits.	Anything with nuts or seeds. Anything with added red or purple dye, any cakes or cookies made with seeds, fruit, nuts, or whole grain flour.
Drinks	Tea, coffee, clear fruit drinks (no pulp/bits), Ensure, Enlive or Boost with fibre.	Ang veg or fruit drinks with pulp. Beverage with red or purple dye.

Other	Sugar, salt, honey, syrup, lemon juice.	Coconut, popcorn, jam, marmalade, relishes, pickles, olives, stone-ground mustards e.g., wholegrain mustard.
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## The day before your procedure

Eat a good breakfast and a light lunch from the foods taken from this list until 1pm.

You will then begin your bowel prep later today so eat no solid foods until after your procedure. You may continue with clear fluids only.

Taking your bowel preparation.

You have been given Moviprep, which is a laxative solution used to cleanse your bowel.

After lunch, take both Moviprep sachets (A & B) and mix with 2 litres of water. Once its dissolved put this in your fridge until it is time to drink.

At 7pm, drink 1 litre of solution in the fridge (leave the other half in the fridge for the morning). Please drink over 1 hour (recommended 250mls every 15 mins).

You may continue with clear fluids after the bowel prep has been taken. In the morning at 7am, drink the remaining solution in the fridge. Please drink this over 1 hour (recommended 250mls every 15 mins).

**DO NOT DRINK ANYTHING ELSE UNTIL YOU ARE TOLD TO DO SO.**

Once you have finished the bowel preparation you will be coming for your clinic appointment and having a colon capsule.

## Contact details

Should you require further advice or information please contact:  
Clinical Endoscopist team on **07784225603** or **01257 247108**.

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.gutscharity.org.uk](http://www.gutscharity.org.uk)

Visit the PillCam colon information page for further information on the procedure along with helpful videos. You can also scan the QR code below for further information.

[www.medtronic.com/uk-en/pillcamcolon](http://www.medtronic.com/uk-en/pillcamcolon)



All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team. If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Gujarati:**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

**Romanian:**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

**Polish:**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਯਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

**Urdu:**

دو سر ی زبانوں اور برٹری اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یی چھپیا یس یبھ ابی دست بو یسکت ہے براے مہر یان پوے یچھدی۔ معلومات

**Arabic:**

مطبوعه با حرف كبيره و بلغات اذنا كنت تريد مساعده في فهم هذه المعلومات ير جي ان تطلب اخرى يملكن تو فسير هذه المعلومات

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